

LIVING WITH LYMPHEDEMA

Date/Time: Thursday, April 3, 2014 at 7 PM

Place: Alumni House, 154 Cambridge Avenue, Garden City



Learn about early identification and your potential for developing lymphedema when recovering from breast cancer surgery. You will also learn techniques for skin care, self-care and risk reduction.

The presentation will include a practical demonstration of exercises that you can do at home and interventions, including manual lymph drainage, wrapping, compression garments and sleeve covers.

Listen to one woman's story and her words of advice to others.

Get your questions answered and learn about resources available to help.



Sabaa Mundia, BSc, PT, DPT

Sabaa Mundia is a Doctor of Physical Therapy specializing in lymphedema and breast cancer therapy. Dr. Mundia has worked at Mount Sinai Hospital and Memorial Sloan Kettering Cancer Center in Manhattan. She is currently the director at South Nassau Physical Therapy in Garden City. Sabaa is also a volunteer at the Adelphi NY Statewide Breast Cancer Hotline & Support Program and writes a weekly posting *Saturdays with Sabaa-Breast Cancer & Lymphedema Education and Tips* on the Breast Cancer Program's Facebook page.



Vanesa Cardarelli

Vanesa Cardarelli was diagnosed with breast cancer in May 2009. Vanesa had a bilateral mastectomy and DIEP flap reconstruction. She developed lymphedema four months after her surgery and started treatment for it after she completed her chemotherapy and radiation therapy. The mother of two young children, Vanesa is a new volunteer at the Adelphi NY Statewide Breast Cancer Hotline & Support Program.