

Strength After Breast Cancer DISCLAIMER

The Strength After Breast Cancer program is based on the PAL study that showed that the methods used by this program decreased the probability of the onset of lymphedema. While one of the known risk factors for lymphedema is lifting excess weight, the Strength ABC program is designed to slowly increase the weight so that the body can build strength over time.

There are many other risk factors for lymphedema. If lymphedema appears, there is no way to know what, if any one thing caused it. There is no guarantee that a participant in the Strength After Breast Cancer program who does not have lymphedema prior to the program, won't begin to exhibit symptoms of lymphedema during the program, nor that a participant with lymphedema won't exhibit a flare-up of symptoms. The Strength After Breast Cancer course instructs program trainers how to teach participants with lymphedema and those at risk for lymphedema to monitor their symptoms and act on any sustained changes.