Cancer Rehabilitation at Touro
Frequently Asked Questions

Cancer treatments can be very toxic and may cause you significant pain, fatigue and disability. Through the STAR Program®, our goal is to minimize these effects and to encourage you to have the best quality of life possible. Below are some frequently asked questions to help you learn more about cancer rehabilitation at Touro Infirmary.

1. **What is the STAR Program?**

The STAR Program (Survivorship Training and Rehabilitation) is a nationally recognized cancer survivorship certification that is focused on improving the lives of survivors who suffer from the side-effects caused by treatments. The STAR Program provides you with coordinated cancer rehabilitation supported by a team of specially trained STAR Certified™ clinicians and providers. As a STAR Program patient, you will receive individualized, comprehensive cancer rehabilitation treatment to improve the symptoms affecting your daily functioning and quality of life.

2. **What is cancer rehabilitation?**

Cancer rehabilitation is very similar to other forms of rehabilitation after a serious illness or injury. Services should include consultations with appropriate board-certified or licensed clinicians in rehabilitation medicine, including physiatrists (doctors who specialize in rehabilitation medicine), rehabilitation nurses, and physical, occupational, and speech therapists.

3. **What impairments can be addressed through cancer rehabilitation?**

Rehabilitation professionals can help you with a wide variety of treatment-related conditions and their symptoms, including pain, weakness, fatigue, shoulder problems, balance and gait problems, memory and concentration issues, swallowing and speech problems and lymphedema.

4. **Am I candidate for cancer rehabilitation?**

If you have any problems that you didn’t have before your diagnosis, especially if they interfere with your ability to function or quality of life, you are a candidate for cancer rehabilitation.

5. **Will my insurance cover cancer rehabilitation?**

Insurance should cover costs if professionals with healthcare degrees and licenses in rehabilitation medicine offer the rehabilitation program. These include physiatrists, physical therapists, occupational therapists, and even speech therapists. Other team members’ services that your insurance will usually cover (if care is delivered in a healthcare setting) include nursing and mental health. As with all insurance issues, check with your carrier about deductibles and co-pays.

6. **How can I receive more information about Touro’s cancer rehabilitation program?**

For appointments or additional information, call Touro at (504) 897-7827. A provider referral is needed before therapies can begin.