

**Our Family is Taking Care of Your Family**



**Our Oncology Rehabilitation Team:**

- Physiotherapist
- Oncologist
- Pain specialist
- Psychologist
- Social Worker
- Dietitian
- Nurse and nurse aids
- Animation team

**Oncology Rehabilitation Program**

**Doctor Advice:  
It Is Not All About Medication**

In order to help reach these goals neurological rehabilitation program will include other features like :

- Psychological support Rehabilitation Program.
- Social and behavioral skills retraining.
- Patient and family education and counseling.
- Entertainment activities through fixed programs as requested.
- luxury accommodation and general amenities for patients.
- Safety and independence measures and home care needs.



**A Step For  
A Better Life**

### Who we are?

Dar El Mona is the first and largest private Medical and Rehabilitation resort in Egypt, founded in 1996 by the late Professor Dr. Khairy Samra, world renowned Neurosurgeon.

### Location :

- Dar El Mona is located at Kilo 20.5 of Cairo-Alex Desert Road in a pollution-free environment with magnificent views of the Giza Pyramids
- It covers more than 86,000 m<sup>2</sup>, of which 1100 m<sup>2</sup> are green areas

### Our Capacity :

- 120 beds for inpatients
- outpatient clinic can serve up to 100 patients

### About The Oncology Rehabilitation Program :

Dar El Mona Medical and Rehabilitation Resort provides during and post therapy oncology rehabilitation program. This program is beneficial for cancer patients regardless of their individual treatment and recovery phases. Each patient's individual health needs are thoroughly addressed in a specialized and customized rehab treatment program.



### What is the oncology Rehabilitation?

The diagnosis and treatment of cancer has an impact on the physical abilities and lifestyle of each patient. Rehabilitation comes in as a process that helps people realize their maximum level of functionality.

### Who is it for?

- Those with a primary diagnosis of cancer
- People who need to improve their level of functionality and life style.
- Those who are able to participate in an exercise program

### Oncology Rehabilitation Program

- Using medicines and pain management techniques to reduce pain.
- Weight management/movement program.
- support for fatigue and sleep disturbances.
- Exercise programs to help build strength and endurance.
- Patient and family education and counseling.
- Activities to improve mobility (movement) and decrease sleep problems
- Assistance with activities of daily living (ADLs), such as eating, dressing, bathing, toileting, handwriting, cooking, and basic housekeeping.
- Smoking cessation.
- Stress, anxiety, and depression management.
- Management of chronic illness or complications due to cancer treatments.
- Management of chronic illness or complications due to cancer treatments.
- Vocational counseling
- Cognitive rehabilitation.
- Hair loss management.
- Religious and Spiritual support
- Lymphedema Complete Decongestive Therapy (CDT).

### What are the benefits of the Cancer Rehabilitation Program?

- Reduce Pain
- Create a better environment.
- Combat Cancer Related Fatigue
- Restore Independent Living
- Improving nutritional status
- Improving physical condition
- Emotional Support
- Increase Balance
- Increase Cardiovascular Capacity
- Increase Flexibility
- Increase Range of Motion
- Improving social, cognitive, emotional, and vocational status
- patient Education
- Reduce Swelling
- Retrain Muscles
- Strengthen Arms & Shoulders
- Improving bowel and bladder function
- Lymphedema Management

