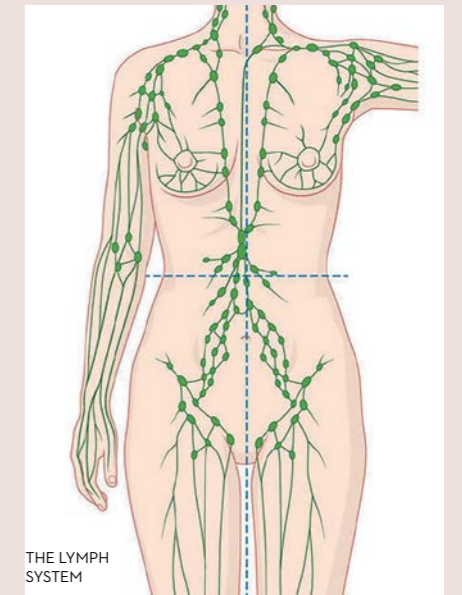


PRIVATKLINIK
BETHANIANEN IN ZÜRICHTHE LYMPH
SYSTEM

Personalised CARE

Swiss Medical Network Hospitals offer comprehensive care for breast cancer survivors

“Post-cancer care plays a huge role in helping survivors lead full, healthy lives”

As Pink October rolls around, it's a great time to highlight not just breast cancer awareness but also the ongoing support survivors need long after treatment. While we often focus on early detection and treatment, it's important to remember that post-cancer care plays a huge role in helping survivors lead full, healthy lives.

Every year, more than 55,000 women in the UK are diagnosed with breast cancer, making it the most common type of cancer for women. Thanks to advances in treatment, nearly 76% of these women will survive for 10 years or more. But even with these positive outcomes, the journey doesn't end when cancer goes into remission. Many women experience lingering side effects, some of which can affect their quality of life for years to come.

One of the common issues is lymphoedema—a chronic and often painful condition that causes swelling in the limbs

due to lymph fluid build-up. It's especially common in women who have had lymph nodes removed or damaged during breast cancer surgery. Over 200,000 people in the UK are affected by lymphoedema, but it doesn't always get the attention it deserves.

In fact, support for lymphoedema can be pretty limited, with many women struggling to find the treatment they need. Sometimes, NHS coverage falls short, prompting patients to explore care options abroad.

That's where Swiss Medical Network comes in. Swiss Medical Network is part of one of the largest hospital groups in Switzerland with over 60 medical centres, 21 hospitals and eight premium clinics that offer top-of-the-line health services to patients from all over the world. With specialties ranging from oncology to reconstructive surgery, the network provides everything from preventive care to rehabilitation, ensuring patients are supported at every step of their health journey.

One of the cutting-edge treatments offered is lymphaticovenular anastomosis (LVA), a

type of “microsurgery” led by Prof. Dr. med. Mario Scaglioni at the Privatlinik Bethanien in Zurich, one of the network's specialised clinics. This procedure is designed to relieve the discomfort of lymphoedema by rerouting lymphatic fluid directly into nearby veins, letting it drain naturally. This approach tackles the root cause, unlike more traditional treatments like compression garments or physiotherapy, which only manage symptoms.

Dr. Scaglioni explains, “Lymphoedema can drastically affect a patient's day-to-day life, but it often goes unnoticed in the broader conversation about breast cancer recovery. Our aim with LVA is to help women reclaim their lives without being held back by discomfort or mobility issues.”

Many patients who have undergone LVA have seen life-changing results, including Dr. Dorothee Rhein Straub, an emergency doctor who experienced severe swelling in her arm following breast cancer treatment. “The surgery with Dr. Scaglioni changed my life,” she shares. “Before, I struggled to perform my

PROF. DR. MED.
MARIO SCAGLIONI

job due to the swelling, but now, five years later, I'm back to work in the emergency room with no limitations. I couldn't be more grateful.”

But Swiss Medical Network's commitment to women's health goes far beyond breast cancer care. The clinics within the network offer an array of services designed to support women at every stage of life. In Zurich, Privatlinik Bethanien provides personalised medical assessments in a state-of-the-art setting. In Lugano, Clinica Sant'Anna offers specialised care for women. In Geneva, Clinique Nescens is focused entirely on preventive medicine, conducting thorough health assessments in addition to lifestyle optimisation and detox programmes aimed at enhancing overall well-being. This includes the Nescens check-up programme which is designed to catch any potential health issues early, even before symptoms appear, helping women stay ahead of conditions like heart disease, diabetes, or cancer.

In addition to routine screenings, the Nescens program also emphasises overall well-being, offering lifestyle guidance on nutrition, exercise,

and aging. Specialists in anti-aging medicine work with patients to slow down the effects of aging, preserving both physical health and quality of life. Whether it's a regular mammogram or a comprehensive health assessment, these services ensure that women can enjoy long, healthy, and active lives.

This Pink October, as we focus on awareness, let's not forget the survivors who are still on their recovery journey. Providing access to advanced procedures like LVA and addressing both the physical and emotional aspects of healing is key to supporting them. Whether it's supporting breast cancer survivors or empowering women to take charge of their health through preventive care, Swiss Medical Network offers holistic, high-quality healthcare that puts women first. 📍

To learn more about all medical services, contact the international department, Genolier Patient Services, gps@swissmedical.net or +41 22 366 88 18