



Programme d'amélioration de la santé cardiovasculaire McGill McGill Cardiovascular Health Improvement Program

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To whom it may concern:

A physician has referred this patient to the **McGill CHIP Cancer Survivor Program** due to documented cancer disease.

The Cancer Survivor Program is a short-term rehabilitation and treatment program designed for those recovering from cancer. All participants receive a complete medical evaluation (under Medicare), psychosocial assessment, and a symptom-limited graded **electrocardiogram** (ECG) exercise stress test at entry and upon completion of the program.

The treatment includes a **12-week in-house program involving 24 sessions**. Heart rate and blood pressure are monitored throughout the sessions. The total cost of the program is \$850.00 of which \$190 is for the stress test, \$140 is for the blood tests, \$420 is for kinesiology supervised exercise sessions, and \$100 for 2 psychosocial group counselling sessions during the 12 week period.

The objectives of the program are to:

- help prepare patients for a return to work
- reduce fatigue and improve their quality of life

Our kinesiology and kinesiotherapy treatments are supervised by Deborah Chan, BSc, Sabrina Pillay, BSc, and Lisa Masse MSc. They are accredited Kinesiologists of *La Fédération des Kinésiologues du Québec*. Membership numbers are #5529-05-A, #5048-01-A, and 5714-06-A and 5313-03A respectively.

All CHIP staff is certified in Automated External Defibrillator (AED) use.

Please do not hesitate to contact us if we can provide you with any additional information.

Regards,

Marla Gold
Director

