



CHAPTER 3  
PHYSICAL AND  
PYSCHOSOCIAL IMPACTS  
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## CHAPTER 3 PHYSICAL AND PSYCHOSOCIAL IMPACTS OF BREAST CANCER AND ITS TREATMENTS

Chapter 3 is intended to present how breast cancer and its treatments create an impact on patients' quality of life physically, socially and psychologically.

Psychosocial adjustments and coping strategies have proven to be beneficial for an improved quality of life and an improved survival rate among breast cancer patients. This chapter documents and summarises 1,444 patients' experiences and perceptions of physical distress and side effects after treatments. It also describes the psychosocial adjustments for at least one year after their first treatment.

### **Key findings:**

- 3% to 31.5% of patients reported severe discomfort during treatment therapies. Among all therapies, chemotherapy was most distressing for patients.
- Patients who underwent mastectomy were found to have more severe discomfort than those who had breast conserving surgery.
- 76% reported lifestyle modifications after diagnosis of breast cancer.
- Positive changes in outlook and positive changes in self-image were highest in the youngest age group and lowest in the oldest age group.
- No obvious differences in changes in outlook or self-image were observed in patients at different cancer stages.
- About 64% of patients worried about recurrence. Levels of worry about recurrence decreased over age and remained unchanged across cancer stages 0-III.