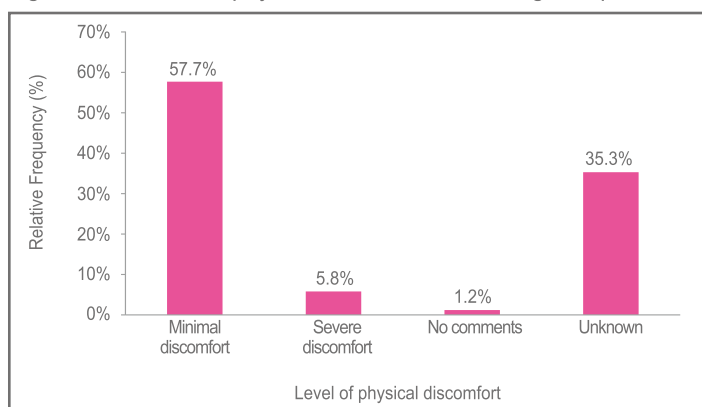


### 3.1 Physical discomfort after treatments

#### Physical discomfort after surgery

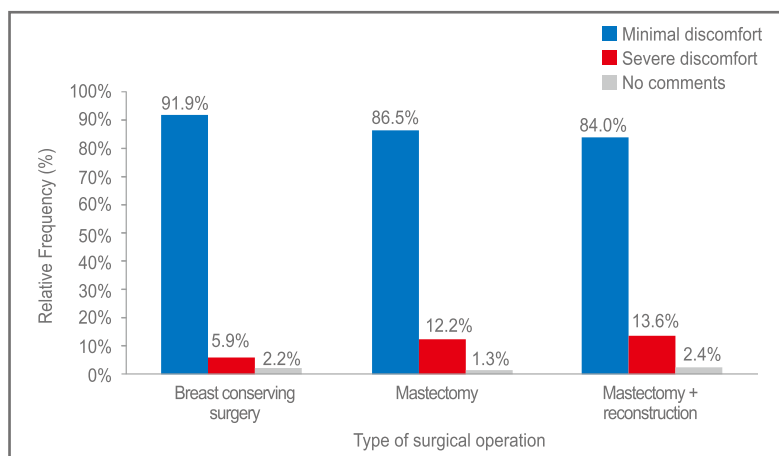
Over 50% patients reported physical discomfort after breast surgery which was of either minimal or tolerable level. About 5% did report severe discomfort after breast surgery, of which wound pain, change in body appearance, limited movement of hands or hand cramps, pain and weakness were the five most common physical distresses (Figure 3.1.1).

Figure 3.1.1 Level of physical discomfort after surgical operations



The proportions of severe discomfort were 6.3-7.7% higher in patients receiving mastectomy or reconstruction following mastectomy than those in patients with breast conserving surgery (BCS vs. MTX vs. MTX+ reconstruction: 5.9% vs. 12.2% vs. 13.6%) (Figure 3.1.2).

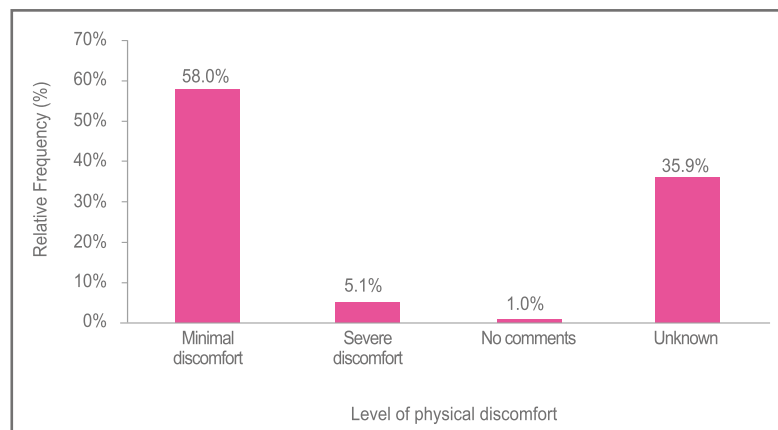
Figure 3.1.2 Level of post surgical physical discomfort by type of surgery



### Physical discomfort after radiation therapy

Nearly 60% reported physical discomfort after radiation therapy either at minimal or tolerable level. About 5% reported severe discomfort, of which burnt skin/skin pain, skin itchiness/skin dryness, pain, hot flushes and tiredness were the five most common physical distresses (Figure 3.1.3).

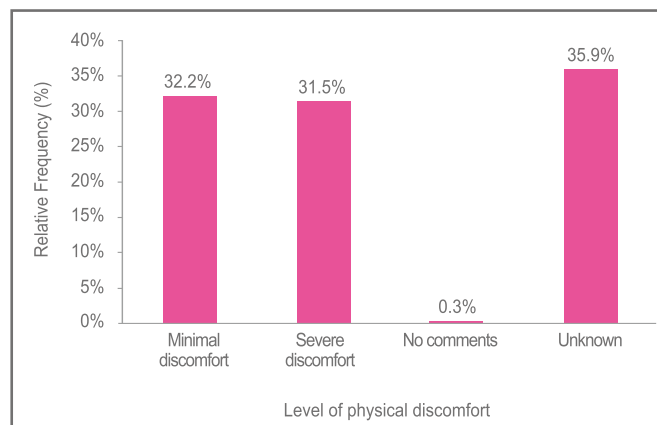
Figure 3.1.3 Level of physical discomfort after radiation therapy



### Physical discomfort after chemotherapy

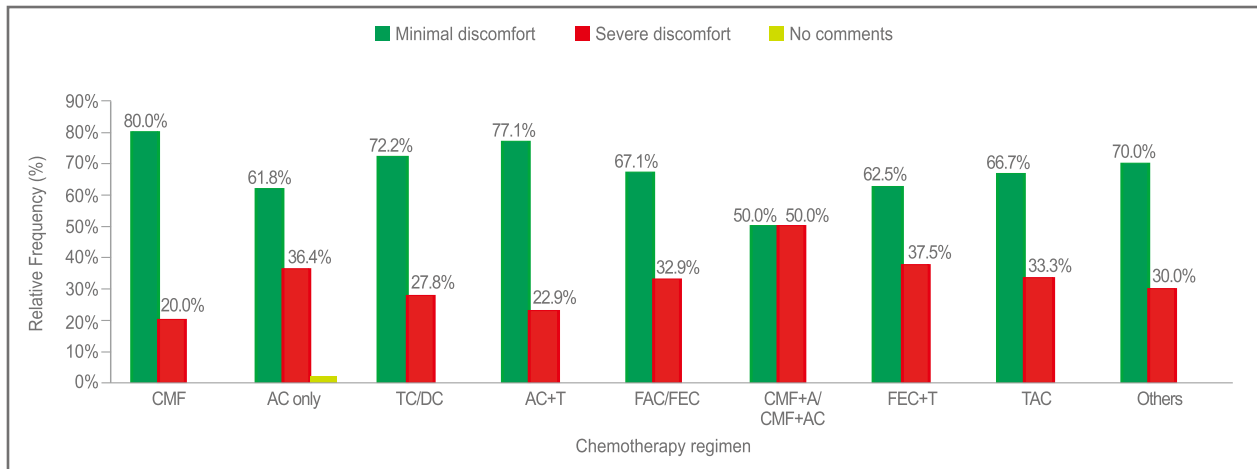
The percentage of severe discomfort after chemotherapy was the highest among all treatments. About 32% reported severe discomfort after chemotherapy, of which vomiting/nausea, loss of appetite, hair loss, weakness and sleeplessness were the five most common distresses (Figure 3.1.4).

Figure 3.1.4 Level of physical discomfort after chemotherapy



The five most distressing regimens were CMF+A/ CMF+ AC, FEC+T, AC only, TAC and FAC/ FEC (Figure 3.1.5).

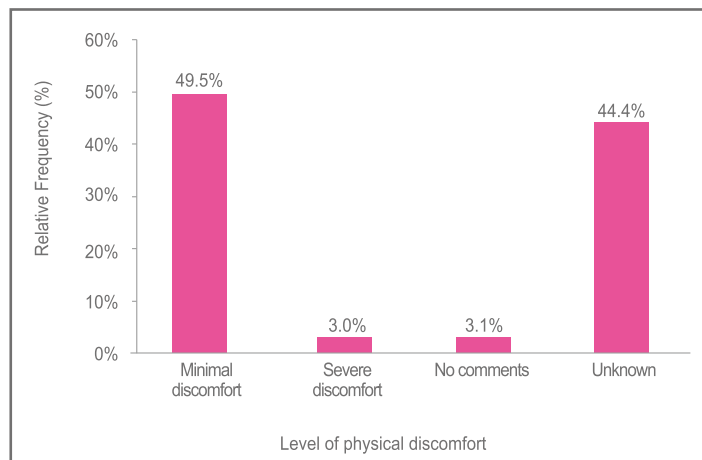
Figure 3.1.5 Level of physical discomfort by chemotherapy regimen



### Physical discomfort after endocrine therapy

About 50% reported physical discomfort after endocrine therapy, either at minimal or tolerable level. Only 3.0% reported severe discomfort, of which hot flushes, bone pain, constipation, tiredness and menstrual disorder were the five most common distresses (Figure 3.1.6).

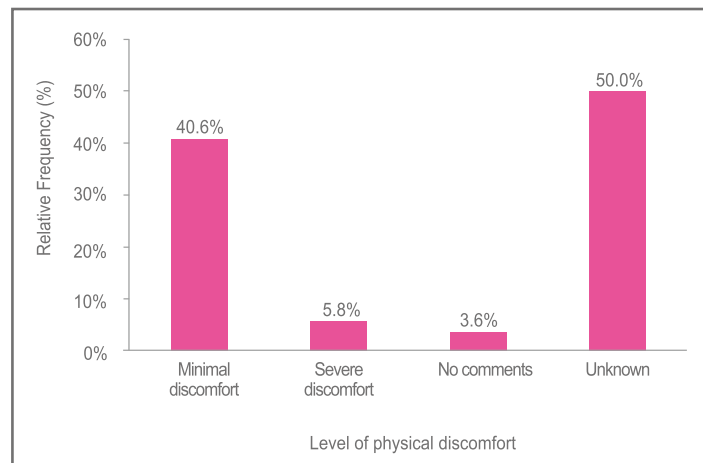
Figure 3.1.6 Level of physical discomfort after endocrine therapy



### Physical discomfort after targeted therapy

About 40% reported physical discomfort after targeted therapy, either at minimal or tolerable level. Only 5.8% reported severe discomfort, of which vomiting, numbness, loss of appetite, pain and dizziness were the five most common distresses (Figure 3.1.7).

Figure 3.1.7 Level of physical discomfort after targeted therapy



### Physical discomfort after complementary and alternative therapies

Over 70% reported minimal physical discomforts after complementary and alternative therapies. Less than 1% reported severe discomfort after taking alternative therapies (Figure 3.1.8). Among those with severe discomfort, all (100%) had traditional Chinese medicines as their complementary and alternative therapy.

Figure 3.1.8 Level of physical discomfort after complementary alternative therapies

