



**CHAPTER 3**  
**PHYSICAL AND PYSCHOSOCIAL**  
**IMPACTS OF BREAST CANCER**  
**AND ITS TREATMENT**

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## CHAPTER 3 PHYSICAL AND PSYCHOSOCIAL IMPACTS OF BREAST CANCER AND ITS TREATMENT

Psychosocial adjustment and coping strategies are essential to ensure a better quality of life and survival rate among breast cancer patients. This chapter summarises how the 3,375 patients experienced and perceived physical distress and side effects of their treatments, and their psychosocial adjustment after being diagnosed with breast cancer.

### Key findings

- Among all therapies, chemotherapy was the most distressing for patients (79.5%).
- Patients who underwent mastectomy with breast reconstruction were found to have more severe discomfort than those who had breast conserving surgery or mastectomy alone.
- 75.8% reported lifestyle modifications after diagnosis of breast cancer.
- Over 50% reported acceptance of the affliction with a positive or calm attitude, and said that cancer had changed their value system.
- Positive changes in outlook and self-image were the most frequently observed in the youngest age group and lowest in the oldest age group.
- About 60% of the patients worried about recurrence. Levels of worry decreased with age but remained unchanged across stages 0-III.