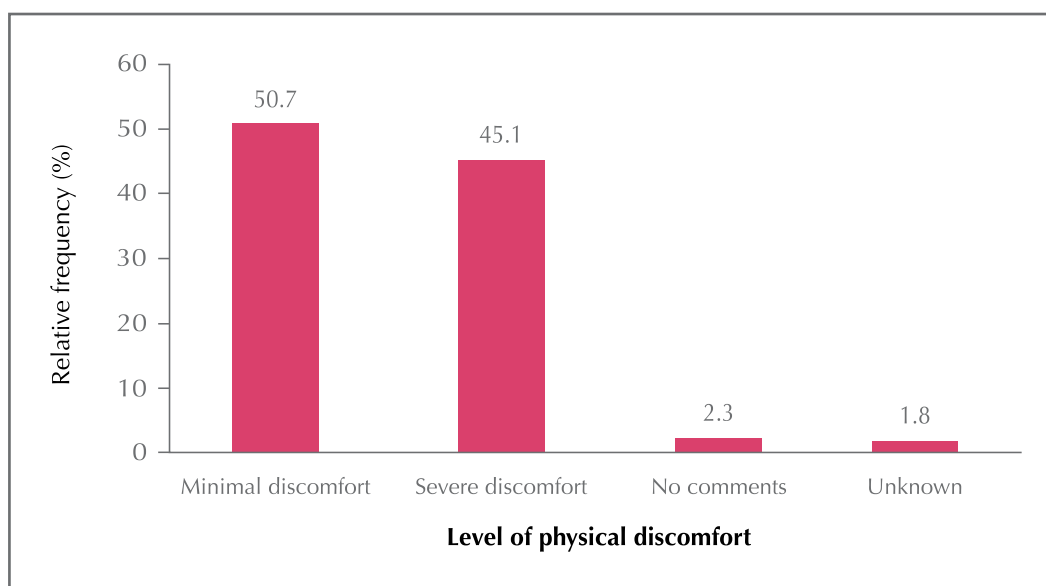


### 3.1 Physical discomfort after treatment

#### *Physical discomfort after surgery*

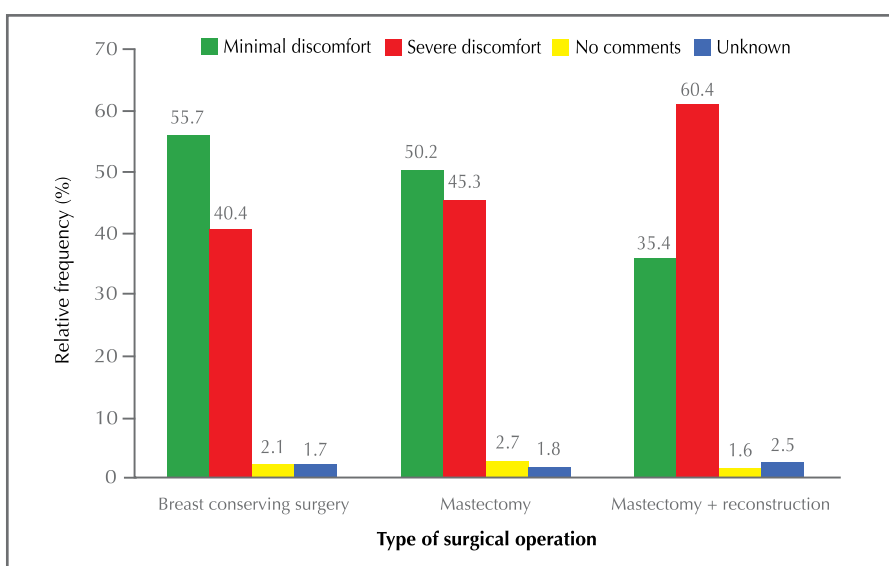
50.7% of the patients reported minimal levels of physical discomfort after breast surgery. 45.1% reported severe discomfort after breast surgery; wound pain, limited movement of arms, pain and weakness were the most common types of physical distress reported (Figure 3.1.1).

**Figure 3.1.1. Level of physical discomfort after surgical operations (N=3,415)**



The proportion of severe discomfort was 20% higher in patients receiving mastectomy followed by reconstruction than in patients with breast conserving surgery (BCS vs. MTX vs. MTX + reconstruction: 40.4% vs. 45.3% vs. 60.4%) (Figure 3.1.2).

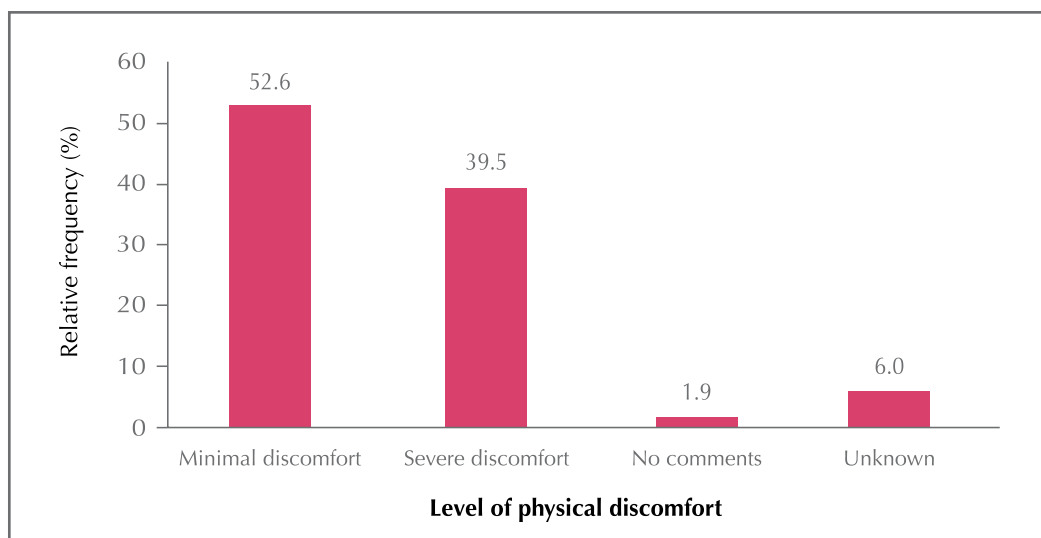
Figure 3.1.2 Level of post-surgical physical discomfort by type of surgery (N=3,411)



### Physical discomfort after radiotherapy

52.6% of patients reported a minimal level of physical discomfort after radiotherapy. 39.5% reported severe discomfort; burning skin, skin itchiness / skin dryness (radiotherapy-related skin irritation), and hot flushes were the most common types of physical distress (Figure 3.1.3).

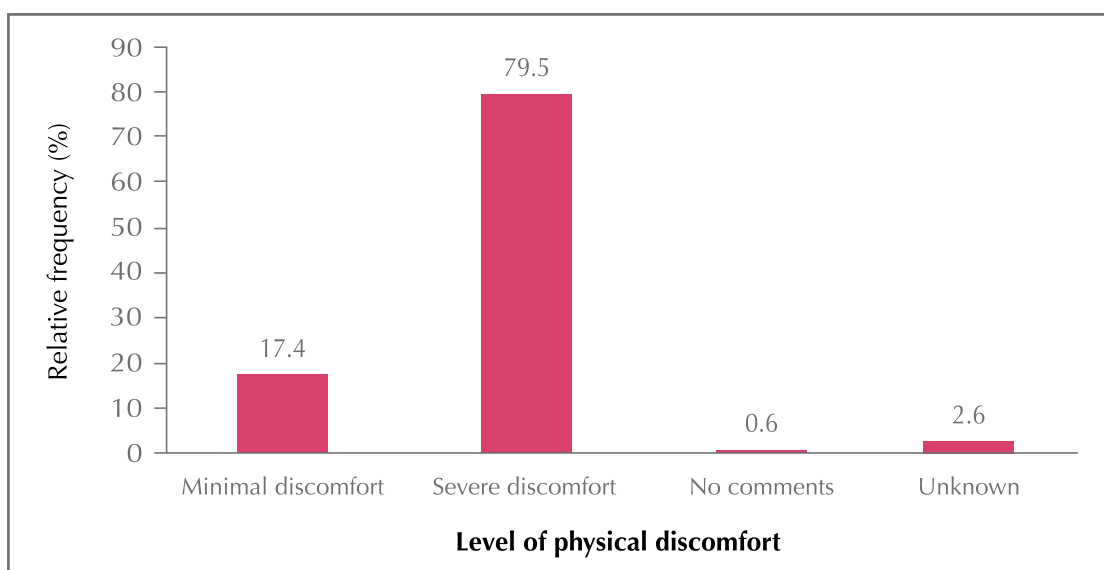
Figure 3.1.3 Level of physical discomfort after radiotherapy (N=2,209)



### *Physical discomfort after chemotherapy*

The percentage of patients experiencing severe discomfort after chemotherapy was the highest among all treatment modalities. About 79.5% reported severe discomfort after chemotherapy; vomiting, loss of appetite, hair loss, weakness and sleeplessness were the most common forms of distress (Figure 3.1.4).

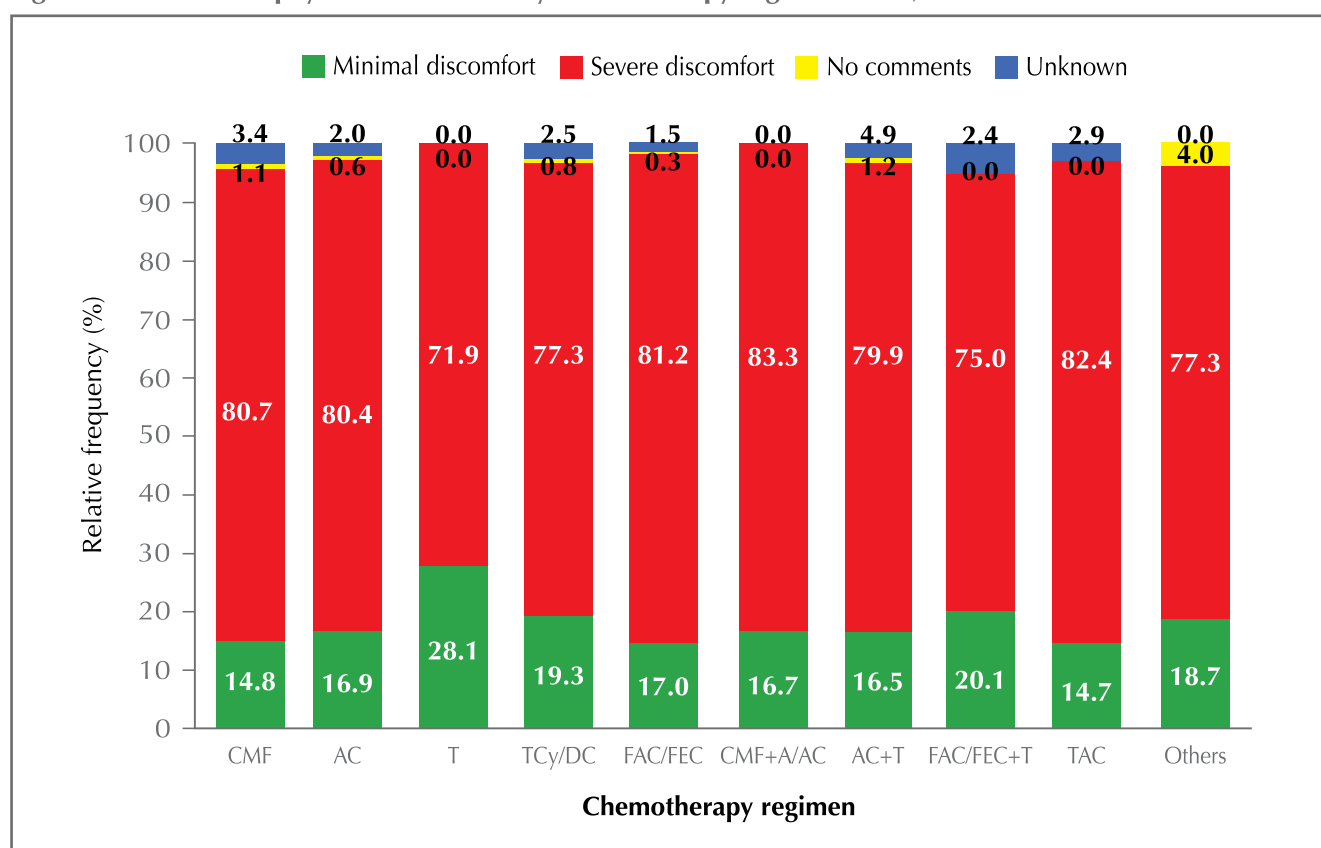
**Figure 3.1.4 Level of physical discomfort after chemotherapy (N=2,190)**



The five most distressing regimens were CMF+A / AC (83.3%), TAC (82.4%), FAC / FEC (81.2%), CMF (80.7%) and AC (80.4%) (Figure 3.1.5).



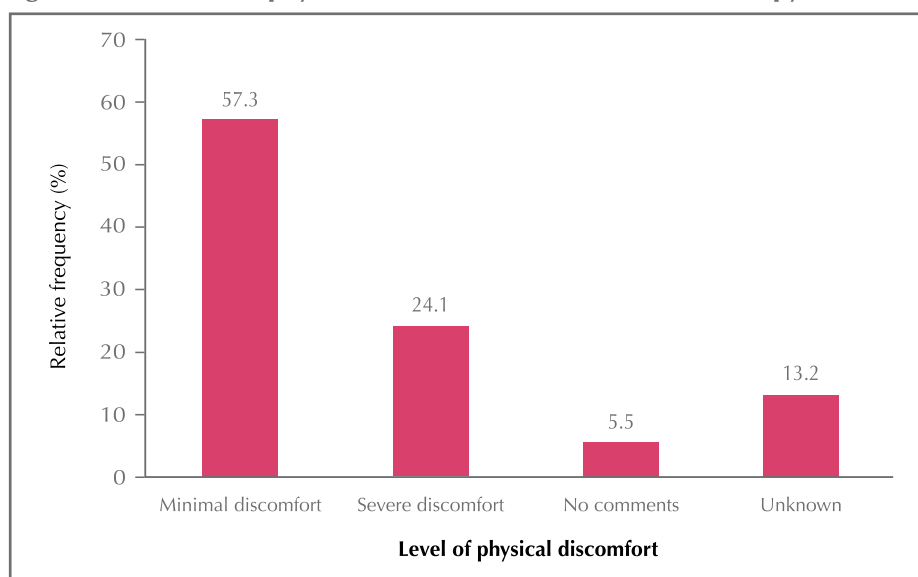
Figure 3.1.5 Level of physical discomfort by chemotherapy regimen (N=2,190)



### Physical discomfort after endocrine therapy

57.3% of patients reported a minimal level of physical discomfort after endocrine therapy. 24.1% reported severe discomfort; hot flushes, bone pain, constipation and menstrual disorders were the most common forms of distress (Figure 3.1.6).

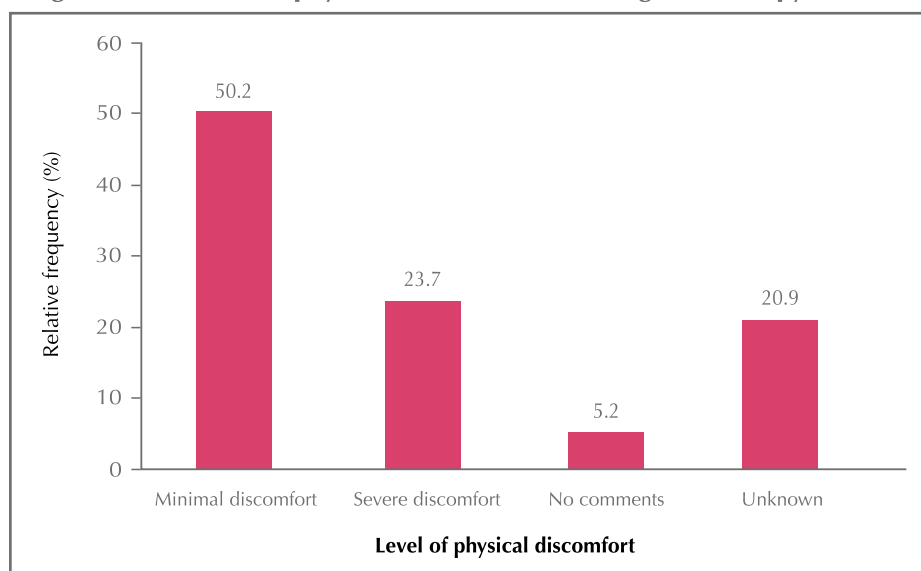
**Figure 3.1.6 Level of physical discomfort after endocrine therapy (N=2,295)**



### *Physical discomfort after targeted therapy*

50.2% of patients reported a minimal level of physical discomfort after targeted therapy while 23.7% reported severe discomfort; vomiting, numbness, loss of appetite and dizziness were the most common forms of distress (Figure 3.1.7).

**Figure 3.1.7 Level of physical discomfort after targeted therapy (N=211)**

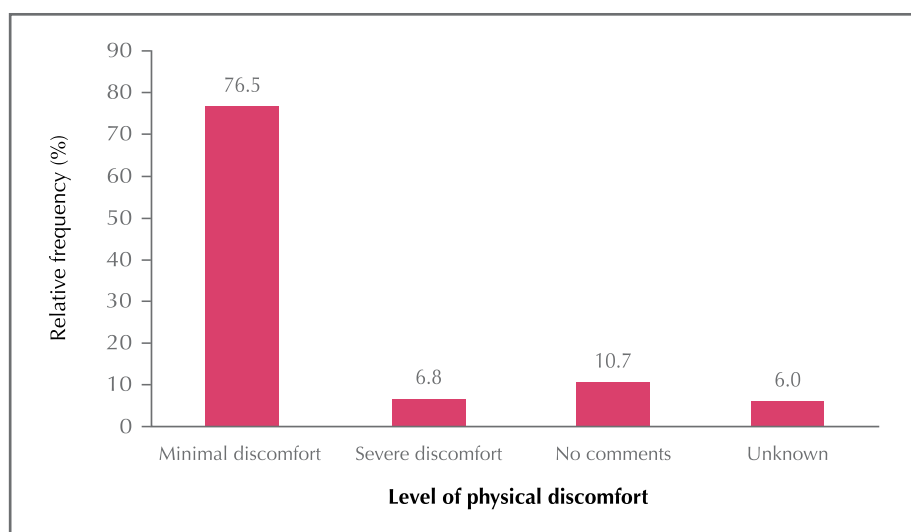




### ***Physical discomfort after complementary and alternative therapies***

76.5% of patients reported minimal physical discomfort after complementary and alternative therapies. 6.8% reported severe discomfort after taking alternative therapies (Figure 3.1.8).

**Figure 3.1.8 Level of physical discomfort after complementary and alternative therapies (N=1,162)**



## **3.2 Psychosocial impacts and adjustments after diagnosis and treatment**

### ***Psychosocial impacts of breast cancer***

Over 50% of patients reported acceptance with a positive or calm attitude as a means of fighting their affliction. 26% said they felt depressed when they were first informed of their diagnosis. 18.6% reported they could not accept that they had breast cancer and 3.7% accepted the diagnosis with anger or resentment (Table 3.2.1).

### ***Feelings after breast cancer treatment***

After the patients completed their treatments, only 7.5% felt that life was not fair; 26.1% felt the cancer was an alarm which caught them by surprise; 15.6% felt that cancer took something away from them and 50.7% felt that cancer changed their value system (Table 3.2.1).

### ***Changes in outlook and self-image***

Half of the patients reported a positive change in outlook; 6.2% reported a negative change and 43.8% reported no change in outlook. 30.6% reported a positive change in self-image; 9.0% reported a negative change in self-image and 60.4% reported no change in self-image (Table 3.2.1).