

Affects of Breast Cancer

Literature Review

Savannah Woods

Lakeview College of Nursing

Affects of Breast Cancer

Breast cancer is a disease that affects both women and men all over the world. Its effects, of course, are damaging to the body, but it affects the person's mental health as well. American Psychological Association tells us that a breast cancer diagnosis is a "traumatic event" to the person diagnosed (Gattuso, 2018). In turn, many families are also affected by the diagnosis. With all the lifestyle changes, treatments, and emotional aspects of the diagnosis, it can be hard for the patients' family members (Smith, 2019). Cancer comes with much more than just a diagnosis; it comes with effects that can be temporary or last a lifetime.

Conflicts women with breast cancer face with: A qualitative study

The primary purpose is to inform the public of the mental and emotional effects breast cancer has. In the article, they have surveyed 15 random women about their thoughts and worries during and after treatment. These women are different ages and different family circumstances, but all have similar fears. Each is affected differently with grave emotional concerns for their lives currently and in the future.

Key Points (note that the key points is flush to the far left)

Key points of this article would include the four main categories these women face: paradoxes of decision-making, childbearing, fear, sinister emotions, and challenges (Ghaemi et al.,2019).

These women also face judgment from their spouses instead of support like one would expect. Their husbands told many of the women that they would no longer be attracted to them if they had a mastectomy. They told their wives that they would lose their appeal and have implants put in after the removal. Marriages were affected as well as relationships with the women's children.

The women found themselves more irritable and would yell or punish their children more often than before. The ones that didn't have children yet or wanted more feared they would not be able to conceive after treatment. Their fears consisted of the fear of pregnancy causes a relapse, effects on the baby, and infertility. These possibilities also changed their marriages, as some of the husbands thought of having no kids as a deal-breaker.

Assumptions

This article shows the profound emotional effects the diagnosis has on these women. These women see a side of the spouses that they probably never knew existed. Even if the husbands did not have that mentality before, from their stress, they have changed. After spending their time and energy supporting their partner over time, emotions of anger and resentment develop (Fayed, 2020). If the family doesn't address these challenges, it can negatively affect the patient's treatment and recovery. Not having strong emotional support eventually will affect the body as well, making treatments less effective. Family therapy or marriage therapy would be a good idea from the beginning for patients going through cancer. Individual counseling would be a smart idea as these women have emotions about themselves as well. Their fears of possibly becoming infertile and their self-esteem with the possibility of losing their breast are a big concern. **Deficit/**

Conclusion

While treatment of the disease is of significant importance, the patient's emotional and mental health is just as important. The families of the diagnosed should act as secondary patients as well in the patient's treatment. Making sure the patient has the best support system in the whole process's mentality dramatically improves their healing. Having this stability helps improve life expectancy, family life, and reinforces hope and motivation in the patients (Ghaemi

et al.,2019). Humans are social creatures, and in tough times, we all rely on each other; we must have a reliable support system in our weaker times.

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Key Points

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Conclusion

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