



TO BE IN  
THE PINK  
OF HEALTH

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# INTRODUCTION

# CANCER

## DON'T THINK

1. Stress
2. Anxiety
3. Depression
4. Coping
5. Insomnia


## DO THINK

1. Weakness
2. Fatigue
3. Hair loss
4. Chemotherapy
5. Loss

- ❑ Breast cancer is the most common diagnosis among women (approximately 30%)
- ❑ In 2020, there were 2.3 million women diagnosed with breast cancer and 685 000 deaths globally.
- ❑ There are 7.8 million women alive who were diagnosed with breast cancer in the past 5 years, making it the world's most prevalent cancer.

**IS IT IMPORTANT ?**

- 14 to 38% → present with psychiatric / psychological concerns
- Anxiety, depression, adjustment disorder and sleep related disorders are most commonly reported.



Learn to trust the journey,  
even when you do not  
understand it.

© MINDSET OF GREATNESS

# JOURNEY THROUGH THE TREATMENT



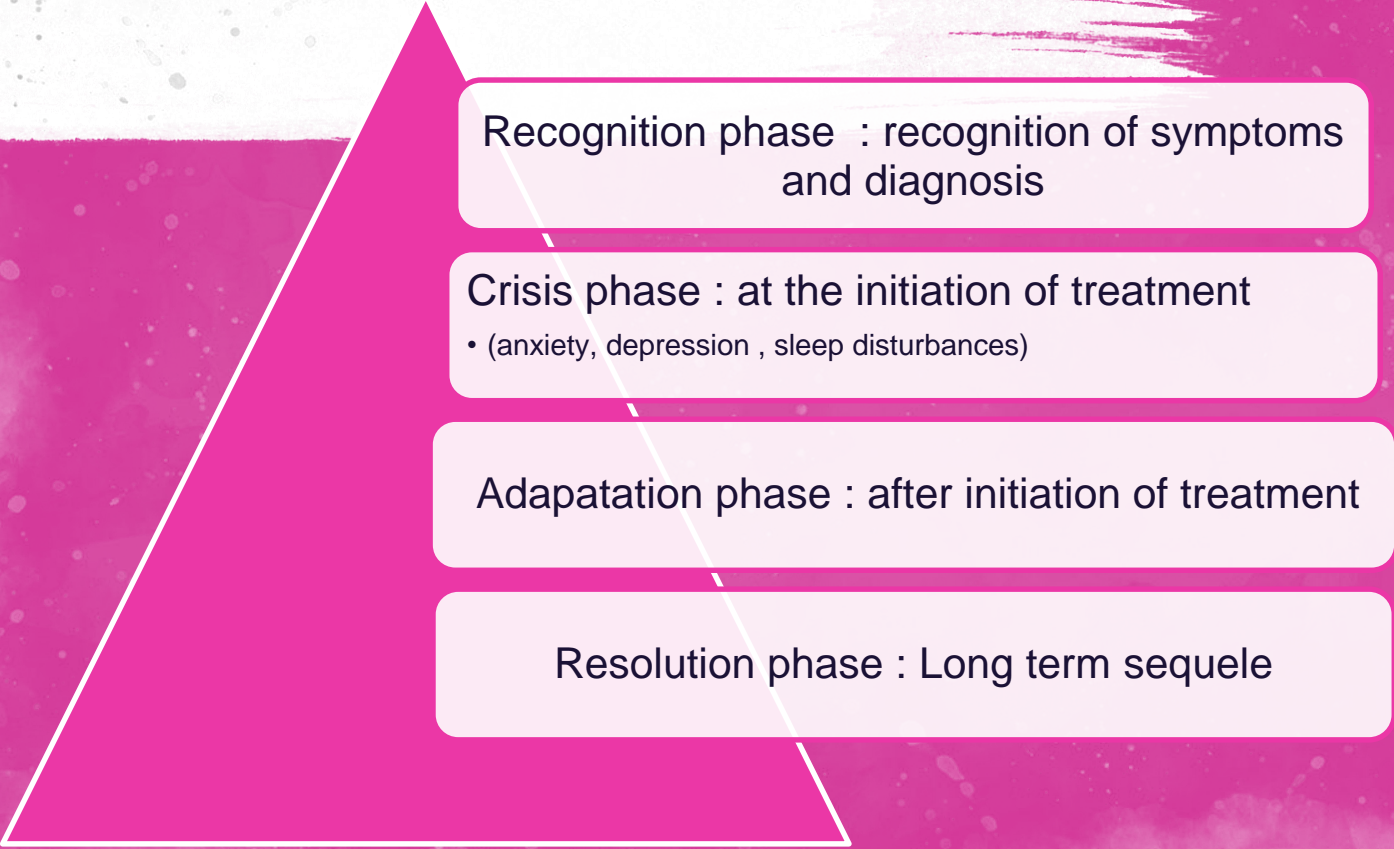
The glass is half full!

The glass is half empty.

Half full... No! Wait! Half empty!... No, half... what was the question?

Hey! I ordered a cheeseburger!





Recognition phase : recognition of symptoms  
and diagnosis

Crisis phase : at the initiation of treatment  
• (anxiety, depression , sleep disturbances)

Adapataion phase : after initiation of treatment

Resolution phase : Long term sequele

# AFTER BREAKING BAD NEWS

- **DENIAL**

- In accepting the diagnosis , thoughts like 'WHY ME ' will be the initial reaction.
- Blaming themselves or a higher power for their illness is exhibited .



# DISTRESS

- *A multifactorial unpleasant emotional experience.*
- *Distress -a continuum,*

# WHY IS DISTRESSED MISSED ??

- Understandability' of emotional response
- Unsuitability of clinical setting for discussion
- Stigma *'Don't ask, don't tell'*
- *90% of those with significant distress go unnoticed*

**HOW DOES IT IMPACT**

## RELATIONSHIPS:—

Partner (sexuality,  
fertility)

Children

Friends

Family



BODY IMAGE

SELF ESTEEM

LEISURE/WORK

# BECOME OVERWHELMING

- Affect quality of life
- Ability to manage cancer treatments
- Fatigue, insomnia, low self-esteem, inactivity, depression...
- *May exacerbate* physical symptoms

The background is a rich, textured purple with a central white brushstroke that tapers at both ends. The purple has a mottled, watercolor-like appearance with darker and lighter shades. The white brushstroke is thick and has a slightly irregular, hand-painted edge. The text 'ANXIETY AND DEPRESSION' is written in a bold, rounded, sans-serif font in a bright pink color, centered within the white brushstroke.

# ANXIETY AND DEPRESSION



- Depression could be as high as 50% or as low as 1% , but neither should be missed .
- 2-3 percent higher than general population

- Patients with cancer who are diagnosed as having depression are reported to simultaneously have :
  - Generalized anxiety disorders (24%),
  - Panic disorder (18%),
  - Posttraumatic stress disorder (PTSD) (30%)



**SUICIDE**

- It just looks easier to end it all!
- Higher rates of suicide
- 2-3 times more than general population
- 8% - i.e 2 in every 25 people think of suicide , and 2-6 % attempt it .

# WHY END IT ALL:

- Non-controllable pain
- Untreated depression
- Poor social support
- This is made worse by :
  - Substance use
  - F/H of suicide
  - Poor IPR

The background is a vibrant pink watercolor wash with soft, blended edges. A thick, white, horizontal brushstroke runs across the middle of the image, creating a bright, textured band. The overall aesthetic is soft and artistic.

# BODY IMAGE CONCERNS

# IS THIS STILL ME? AM I ... ME?

## Body changes after breast cancer

Change to the breast shape,  
or loss of the breast

Scars

Lymphedema

Pain or numbness in  
the chest or arm

Hair loss during treatment  
and often a **change in hair colour**  
and texture when it grows back



Weight change

Infertility

Early **menopause**

Loss of interest in sex

Pain during sex

Fatigue

Reduced **stamina**

# INSOMNIA



- Patients with breast cancer report higher prevalence of insomnia compared with patients with other types of cancer (from 38% to 61%)

# SOMATIC SYNDROME

- It is very easy to miss somatic symptoms in cancer , because pain is a part of cancer ??
- But somatoform disorders in cancer patients can complicate the prognosis of the cancer

- Common somatic symptoms
  - Pain,
  - Fatigue,
  - Anorexia,
  - Tiredness or exhaustion,
  - Weakness, reduced energy,
  - Lethargy,
  - Tremors.



**HOW CAN WE HELP ??**

- ✓ Information
- ✓ Social support
- ✓ Addressing worries
- ✓ Anxiety management

# PRINCIPLES OF TREATMENT

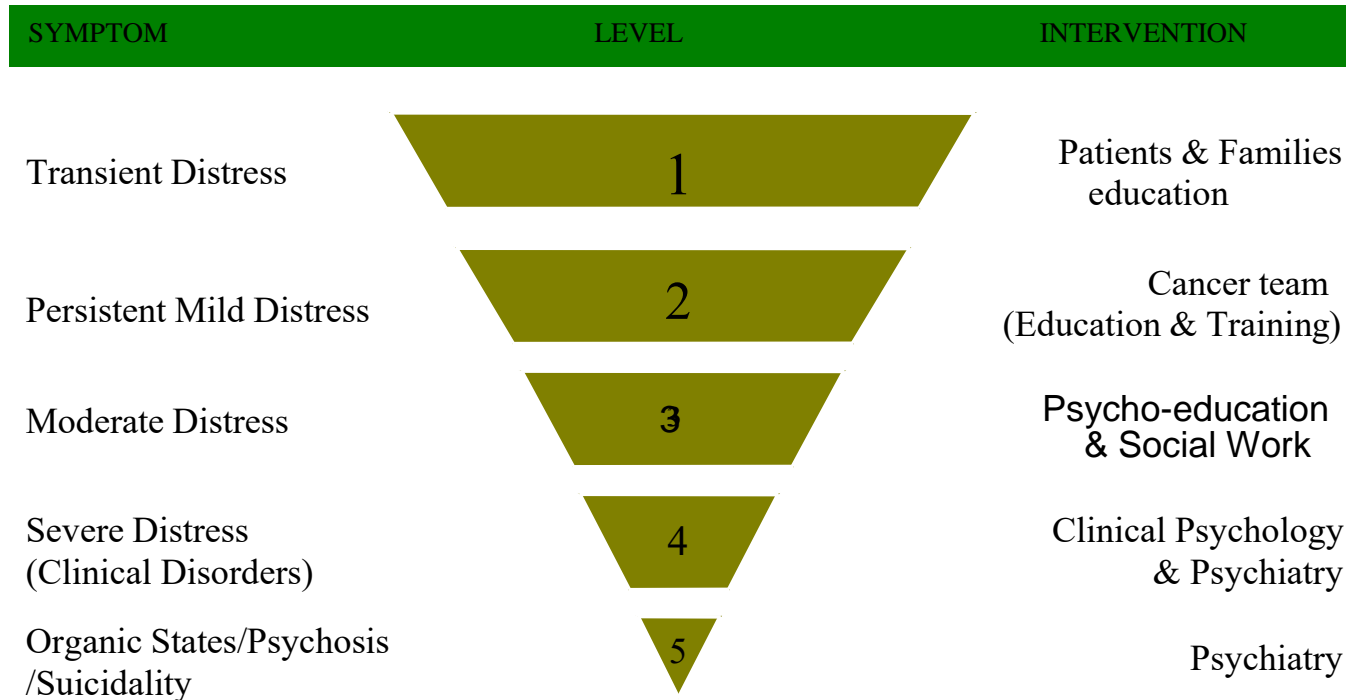
- Sympathetic interest & concern
- Clearly identified therapist
- Collaborative & coordinate all care
- symptomatic relief
- Patient's beliefs/ needs
- Information , advice
- Involve patient in treatment decisions
- Involve family & friends
- W/F and treat Psychological complications
- Clear arrangements to deal with urgent problems

# ADVANCED INTERVENTION

- Antidepressants
- CBT → distress, especially anxiety, and in reducing disability
- Psychological interventions → as breathlessness



# Model of Care of Psycho-Oncology





FEEL BEAUTIFUL

- Educate → reconstructive surgeries following mastectomy
- Encourage → external prosthesis if they are not willing for reconstructive surgery

- Benefits of using prosthesis include :
  - Helps in building self confidence
  - Enhances their physical appearance
  - Prevents lower back pain and scoliosis
  - Helps in maintaing their body posture

# TAKE HOME MESSAGE

- A holistic approach
- Assessment of distress and associated anxiety or depression is a **MUST!**

- Educate that emotional well being is as important as physical health
- Encourage them to approach/ seek out Mental Health Professionals
- Remove the Mental Health stigma → Save a life !

ANY  
QUESTIONS



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Reach  
Out for



**Thank you**