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Body image in cancer



https://www.google.co.th/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjxj_jbm_fVAhWGqI8KHfYQAQMqjRwIbw&url=http%3A%2F%2Fonemagazine.com%2F2016%2F07%2Fbreast-cancer%2F&psig=AFQjCNGx5Ar6teKs8_8HjGA9gL8R7EWWw&ust=1503916433708371

รองศาสตราจารย์ ดร. จอนพะจง เพ็งจาด

จิตภาพกาย



- ▶ **the mental picture of one's body, an attitude about the physical self, appearance, and state of health, wholeness, normal functioning, and sexuality.**
- ▶ **For women includes feeling feminine and attractive and enjoying one's body as a symbol of social expression, and as a way of being in the world.**



<http://yablonya-blog.ru/wp-content/uploads/2011/10/bulimiya.jpg>

- The way in which one experiences her/his body is highly subjective, and is a product of perceptions, thoughts, and
- feelings about body size, competence and function (Cohen et al., 1998; White, 2000).



BODY IMAGE ISSUES:

The Pretty, The Ugly And The Social Media



Common body changes from cancer

- Hair loss
- Skin change: rashes, burns, scars from surgery
- Swelling of the face, arms, or legs
- Fatigue, Cachexia
- Decreased physical skills, including athletic abilities, balance, and agility
- Weakness or loss of stamina
- Loss of a body part
- Weight: loss or gain
- Changes in sexual function: early menopause in women, loss of sexual interest, or erectile difficulties in men
- Infertility or the inability to conceive a child

Emotional changes in cancer

Negative change:

- Sadness
- Anxiety
- Loneliness or a sense of being different from others
- Fear
- Anger
- Frustration
- Guilt
- Feeling out of control
- A change in the way you think about yourself and the future.

positive changes:

- Appreciation for the strength of their bodies
- Peace
- Gratitude
- New important relationships with caregivers and other patients
- Awareness and appreciation that life is short and special
- A shift in priorities
- Clarity about meaning in life and personal goals.

Evidences of body image in cancer



- affect substantial numbers of breast and head and neck cancer patients, with these issues persisting into long-term survivorship.
- associated with a large number of adverse psychosocial consequences.
- significantly correlated with
 - higher levels of anxiety and depression (breast, colorectal),
 - worse quality of life (breast, head and neck, prostate),
 - sexual functioning difficulties (breast, gynecological, testicular).

A study of body image in long-term breast cancer survivors

Falk Dahl, C. A., Reinertsen, K. V., Nesvold, I.-L., Fosså, S. D. and Dahl, A. A. (2010), A study of body image in long-term breast cancer survivors. *Cancer*, 116: 3549–3557. doi:10.1002/cncr.25251

- **associated with**
 - **the types of surgery and radiotherapy**
 - **with mental distress,**
 - **reduced health,**
 - **impaired QoL.**

- **Body image ratings were**
 - **relatively stable over time,**
 - **the antecedent body image score was a strong predictor of body image at follow-up.**

Body image, decision making, and breast cancer treatment

Kraus, Paula L. Cancer Nursing: December 1999 - Volume 22 - Issue 6 - pp 421-427

- **31 women with breast cancer**
- **a significant decrease in satisfaction with body image after surgery ($p < .004$).**
- **Most (94%), reported participating in treatment decisions about the type of surgical procedure, had a treatment choice (77%), and were moderately to very satisfied with the outcome of their surgeries (94%).**
- **Qualitative data results**
 - **women's treatment decisions were based on their perceptions of "survival," that is, which type of surgery offered the best chance for long-term survival.**
 - **satisfaction with body image is disturbed by surgery for breast cancer despite active participation in decisions regarding selection of treatment or postoperative satisfaction with type of surgical treatment received**
- **These outcomes suggest that women need assistance in adjusting to alterations in body image from nurses and the need for research to describe effective interventions**

ภาพลักษณ์ของผู้ป่วยโรคเมะเร็งศีรษะและคอ

- ▶ รับรู้การเปลี่ยนแปลงภาพลักษณ์ในระดับมากทั้งก่อนและหลังผ่าตัด
- ▶ รู้สึกกังวลเกี่ยวกับรูปลักษณ์ของตนเอง
- ▶ รู้สึกอึดอัดใจไม่อยากจะมองหน้าตนเองในกระจก
- ▶ ความรู้สึกดังตูดใจทางเพศลดน้อยลง
- ▶ ไม่พึงพอใจกับภาพลักษณ์ที่เปลี่ยนแปลง
- ▶ ต้องการหลีกหนี หลบหน้าผู้อื่น

นักวิจัยไพรด์นาม บำเพ็ญจิต แสงชาติ <https://www.tci->

[thaijo.org/index.php/nah/article/view/22906/25982](https://www.tci-thaijo.org/index.php/nah/article/view/22906/25982)



<http://i1.manchestereveningnews.co.uk/incoming/article10902915.ece/ALTERNATES/s615/Desktop465.jpg>



<http://images.medicaldaily.com/sites/medicaldaily.com/files/styles/headline/public/2014/06/23/kotelevskaya.png>

Body image and sexuality in women survivors of breast cancer in India: Qualitative findings

Identity	Impact of surgery	Hair loss	Clothes	Uncomfortable situations	Sexuality
<ul style="list-style-type: none">• <u>Womanhood:</u>• fear of losing one's breast• comment by one's spouse• losing a breast was not really big thing• <u>Motherhood:</u> breastfeeding• <u>Attractiveness:</u> no longer received "attention" or "make people notice"	<ul style="list-style-type: none">• avoid looking at the mirror• scarring or persisting pain and itching in the site• the shape and size of the breast	<ul style="list-style-type: none">• unfamiliar figure• use of scarves, wigs, hijab, or going bald• it becomes a taboo or stigma	<ul style="list-style-type: none">• using substitutes such as prosthesis, padded bras, and pads• it caused "pain" in the surgery site• fear of the scar being exposed• the need for different sleeve sizes	<ul style="list-style-type: none">• fears of exposure: swimming, massage,• breast accidentally collided with someone	<ul style="list-style-type: none">• difficulty in communication, but spouses were empathetic• lack of desire to engage in sexual activity• inability to get aroused which was associated with vaginal dryness and pain



How to deal with physical change

- **Reconstructive surgery**
- **Prosthetic devices,**
- **Cosmetic solutions**
- **Talking to person who has experienced similar changes**
- **Sharing concerns with health care team.**
- **Asking for more information about ways to relieve these symptoms or the emotional discomfort from these changes.**



*Femininity
comes from within*





<https://benotesalon.files.wordpress.com/2014/10/165047-smart-technology-new-scented-head-scarf-range-for-hair-loss-sufferers.jpg>



https://ichef.bbci.co.uk/news/624/cpsprodpb/DE8D/production/_94637965_8e0f71de-b86a-4cdf-8ebf-4e39dd262018.jpg

Helping the patient to coping with self-image changes

- **Allow time to adjust. Accepting a cancer diagnosis and undergoing treatment may change your life.**
- **Talk with others who have been in similar situations: support group**
- **Build a network of friends and family.**
- **Ask for and accept help: house work, babysit, hiring a housekeeper, or buying prepared meals, helps free up time to focus on healing.**
- **Stay calm and embrace humor:**
- **Explore the patient's worries and concerns.**
- **Encourage remaining physical activity.**
- **Participating in social activities.**
- **Seek counseling or professional support.**

TABLE 1. Highlights of Body Image Intervention Studies

Cognitive-Behavioral Therapy Interventions³⁴⁻³⁷

- Therapeutic approach that targets dysfunctional cognitions, emotions, and behavior by alteration of cognitions
- Components included psycho-education, stress management, problem-solving, cognitive reframing, and communication skills training

Other Psychological Interventions

- Psychosexual therapy focusing on communication training, sensate focus, and body image exposure³⁸
- Expressive-supportive therapy focusing on expression of thoughts and emotions, receiving and offering support, coping skills³⁹

Education Interventions

- Information disseminated in lecture formats to increase knowledge on disease and treatment with the aim of increasing self-efficacy⁴⁰

Cosmesis-Focused Interventions

- Education on using cosmetics to improve appearance⁴¹
- Provision of beauty treatment regimens (manicure and pedicure, hairdressing, make-up)⁴²

Sensate-Focused/Physical Fitness Interventions

- Massage therapy with the aim of stress reduction⁴³
- Hatha yoga focusing on changing patient's perceptions about physical constraints imposed on their body⁴⁴
- Strength training and physical exercise to regain physical fitness^{45,48}

- ▶ Michelle Cororve Fingeret, Irene Teo, Daniel E. Epner. **Managing Body Image Difficulties of Adult Cancer Patients** *Cancer*. Volume 120, Issue 5, Version of Record online: 21 NOV 2013



<https://www.google.co.th/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&eaa=rja&uact=8&ved=0ahUKewjbt8qFuvfVAhXMjZQKHeabDQ4QjRwIBw&url=http%3A%2F%2Fcampaign.malecancer.org%2Fnews%2Fitem%2F75&psig=AFQjCNFPMRI9zF5evlUllrt9lIP5iEvl22ww&ust=1503924508748126>



<https://www.thesun.co.uk/wp-content/uploads/2016/12/composite-cheyann.jpg?strip=all&w=750&h=500&crop=1>

**DOUBLE
MASTECTOMY
JAN POOLE, 50**

**VITILIGO
GEORGIA
TRODD, 20**

**HEART TRANSPLANT
CARLA GAIR, 40**

**HIP REPLACEMENT
ELIZABETH LONG, 77**



**LEGS
AMPUTATED
LIZZY
GEORGESON, 25**

**GASTRIC BAND
KERRY TROTTER, 42**

**ABDOMINAL CANCER
LISA BERRIDGE, 34**

**BOWEL DISEASE
SHELLEY LAWES, 32**

**ALLERGIC TO
SUNLIGHT
JANE YEATES, 46**

How cancer can affect sexual health

- **desirability and desire for sex.**
- **feeling unattractive**
- **worried about being able to have children in the future.**

Sharing

