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**Quality of life after breast cancer treatment among women****Santosh Kumar Mishra***S. N. D. T. Women's University, India*

Breast cancer represents a significant global health challenge. In this context, it is pertinent to remember that even if women have completed treatment years ago, breast cancer can affect how they feel; their overall quality of life gets significantly impacted. Post-treatment, they need to cope with (a) emotional strain of the diagnosis, (b) physical challenges of treatment, as well as (c) resulting stresses of daily life. The essence is that the way breast cancer impacts women's life is unique. This evidence-based research paper aims to outline description on the way quality of life among women gets impacted after breast cancer treatment. Secondary data (largely 'qualitative') have been used, and the method of data analysis is 'descriptive'. Analysis of data indicates that many women experience late effects of breast cancer treatment. As a result of this, their quality of life and overall well-being gets negatively impacted. The author of this research argues that in the context of post-breast cancer treatment, the aspects of quality of life among women are reflected in the form of (a) mental and physical health; (b) ability to perform daily roles; (c) sexual intercourse; (d) follow-up care; (e) pain; and (f) sense of tiredness, and lack of energy. Further, they are confronted with other "long-term side effects of treatment of the breast cancer". Furthermore, non-health issues are also part of quality of life; women are confronted with (a) financial burden, and (b) concern for care for children and elderly in the family. This paper briefly concludes that after breast cancer treatment, women's quality of life is severely reduced with the cancer symptoms and side effects. They have unique needs depending on cancer type and stage. They, thus, need emotional support. Balanced lifestyle is key to quality of life after treatment. Prioritizing wellness can improve quality of life.

**Biography**

Dr. Santosh Kumar Mishra (Ph.D.) is an Independent Researcher with extensive expertise in education and lifelong learning. He previously served at the Population Education Resource Centre within the Department of Lifelong Learning & Extension at S.N.D.T. Women's University, Mumbai, India. Now retired, Dr. Mishra continues to contribute to research and scholarship in his field, drawing from years of dedicated service in academic development and population education.