

Facts About the Quality of Life of Cancer Patients

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Abstract

Cancer's economic and public health burden is expected to rise year after year. After receiving a cancer diagnosis and beginning treatment, many patients experience insomnia, despondency, pain, worry, fear, sadness, exhaustion, nausea, vomiting, and financial difficulties. All of these will negatively impair the quality of life (QoL) of cancer patients. In recent years, quality of life surveys has gained importance in the medical world, notably in oncological research. It has been discovered that evaluating the quality of life of cancer patients helps tailor care.

Keywords: cancer, quality of life, negative-impact, assessment of quality of life

1. Cancer Disease

Cancer is a significant economic and public health issue, and its impact is anticipated to increase. Recent estimates place the number of cancer-related fatalities at 9.6 million. In 2040, it is anticipated that 16.3 million people would have cancer, with the majority residing in low- and middle-income nations (i.e., countries). Most cancers in these regions are diagnosed at late stages, when there are fewer or no effective treatment choices available (Mohammad Morshad Alam, Tania Rahman, Zinia Afroz, Promit Ananyo Chakraborty, Abrar Wahab, Sanjana Zaman & Mohammad Delwer Hossain Hawlader, 2020).

2. Quality of Life (QoL)

Numerous authors have offered varying definitions of "quality of life" (QoL). The World Health Organization (WHO) defines it as "a person's assessment of his or her own circumstances in light of their own values and the norms of the society in which he or she lives." (Mohammad-Reza Zaker, Afshin Hazrati-Marangaloo & Seyede-Roghayeh Hosseini, 2019; Adriana Hofman, Natalia Zajdel, Jakub Klekowski & Mariusz Chabowski, 2021).

3. Impact of Cancer Disease-on-Cancer Patients QoL

After a cancer diagnosis and starting the treatment, many patients will struggle with insomnia, despair, pain, anxiety, fear, depression, fatigue, nausea, vomiting, and financial problems. All these will negatively impact cancer patients' quality of life (QoL) (Mohammad Morshad Alam, Tania Rahman, Zinia Afroz, Promit Ananyo Chakraborty, Abrar Wahab, Sanjana Zaman & Mohammad Delwer Hossain Hawlader, 2020; Dwi Gayatri, Ljupcho Efremov, Eva Johanna Kantelhardt & Rafael Mikolajczyk, 2021).

4. Importance of Evaluating QoL Among Cancer Patients

In recent years, quality of life surveys has become increasingly relevant in the field of medicine, particularly in oncological study. Evaluating cancer patients' quality of life has been found to help tailor care

(Mohammad-Reza Zaker, Afshin Hazrati-Marangaloo & Seyede-Roghayeh Hosseini, 2019). In another word, QOL assessment offers complete evaluation of an illness's interference with an individual's adaptive functioning and can consider the individual's values, viewpoints, satisfaction, living situations, achievements, functionality, cultural background, and spirituality. The evaluation of health-related QOL alongside clinical and laboratory indicators among cancer patients is advised (Chunfeng Wang, Jie Yan, Jingyi Chen, Ying Wang, Ying Chun Lin, Rong Hu & Yong Wu, 2020).

4.1 QoL Among Breast Cancer Patients

The psychological ramifications of a breast cancer diagnosis can have a lasting impact on a woman's sense of sexuality and her sense of self-worth, making it one of the most feared diseases among women. Efforts to evaluate and improve quality of life (QOL) for women with breast cancer are among the most pressing issues in women's health today (Mohammad-Reza Zaker, Afshin Hazrati-Marangaloo & Seyede-Roghayeh Hosseini, 2019).

4.2 QoL Among Lung Cancer Patients

As a complementary diagnostic tool and potential prognostic factor, QoL assessment in lung cancer patients is gaining popularity. It makes it possible to identify patient-reported limitations and needs related to their disease that are not routinely addressed by conventional medical and therapeutic approaches. Furthermore, its ability to assess the efficacy of the anticancer regime in its entirety is a major selling point (Adriana Hofman, Natalia Zajdel, Jakub Klekowski & Mariusz Chabowski, 2021).

Efforts to evaluate and improve the quality of life of lung cancer patients were found to be among the most critical points in human health today (Adriana Hofman, Natalia Zajdel, Jakub Klekowski & Mariusz Chabowski, 2021).

4.3 QoL Among Leukemia Cancer Patients

Twenty-four percent to eighty-three percent of patients with leukaemia experience fatigue or lack of energy, pain, appetite loss, and sleeplessness, which can have a major impact on the patients' QOL. Besides, chemotherapy is the mainstay of leukemia treatment, but it comes with a host of potentially debilitating side effects, including nausea, vomiting, anorexia, hair loss, and myelosuppression. All these can also negatively impact patients' QoL (Chunfeng Wang, Jie Yan, Jingyi Chen, Ying Wang, Ying Chun Lin, Rong Hu & Yong Wu, 2020). Therefore, evaluating health-related QOL among leukemia patients is crucial to determining treatment efficacy and disease burden (Chunfeng Wang, Jie Yan, Jingyi Chen, Ying Wang, Ying Chun Lin, Rong Hu & Yong Wu, 2020). All these can significantly help the medical staff find the proper ways to improve leukemia patients' QoL.

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