

Life satisfaction among Swedish women after mastectomy with or without reconstruction

Pranee C. Lundberg

Uppsala University, Sweden

Abstract (300 word limit)

Breast cancer is the most common type of cancer in Swedish women. The aim of this study was to describe the life satisfaction among Swedish women after mastectomy with/ without reconstruction. A qualitative study with semi-structured interviews was conducted. The criteria were women of age 18 years or more, without mental diseases, having breast cancer diagnoses since 1-3 years, having undergone mastectomy with/without reconstruction, and being willing to participate. Eighteen women with and without reconstruction living in Uppsala, Gävle and Falun participated. They received by post information about the study and their rights. An interview guide concerned experiences of life and functions after operation with open-ended questions was developed and tested with three women fulfilling the inclusion criteria but not participating. All participants were interviewed in their homes during 30-75 minutes after having returned the consent letter. The interviews were audio recorded and transcribed verbatim. The data were subjected to content analysis. Five categories emerged: (i) feeling of fear, worry and anxiety, (ii) embarrassment of body image and loss of femininity, (iii) appreciating life more than before, (iv) support from family, friends and health care professionals, and (v) need of information and follow-up care. Psychological distress affected the women and reminded them about their disease. They felt that their body images had limited their daily lives. Some felt that they had become women again after their breast reconstructions but some of them were not satisfied with the results of their reconstruction. They had received support from their families and from healthcare professionals, and perceived their lives positively. Some women mentioned inadequate information and lack of follow-up from healthcare professionals. They felt great need of information and support after completed treatment. Therefore, it is important that healthcare professionals be aware of their patients' feelings and their needs of information and follow-up.

Article Information

Conference Proceedings: World Congress on Nursing & Healthcare (Paris)

Conference date: 18-19 November, 2019

[Inovineconferences.com](http://inovineconferences.com)

***Corresponding author:** Pranee C. Lundberg, Uppsala University, Sweden; Email: pranee.lundberg@pubcare.uu.se

Citation: Lundberg PC (2019) Life satisfaction among Swedish women after mastectomy with or without reconstruction. J Pediat Infants.

Copyright: © 2019 Lundberg PC. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

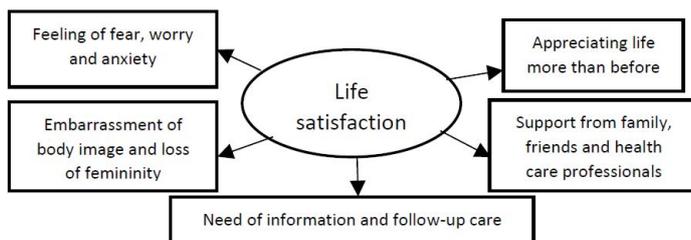


Figure: Life satisfaction among Swedish women after mastectomy with or without reconstruction.