

# Improving Quality of Life: What MBC Patients need

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 claudias  
cancer  
challenge



# It is Metastatic Breast Cancer

We have found  
metastases in  
your body

Your cancer has  
already spread

I'm sorry, it's  
advanced  
breast cancer

Your breast  
carcinoma has  
formed  
metastases



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# What matters for Patients?

“ Life is like  
a roller coaster ride  
with lots of  
ups and downs. ”



Graphic: © pngfuel.com

- **Survival time:** statistically 2 – 4 years
- **Quality of life:** a life worth living

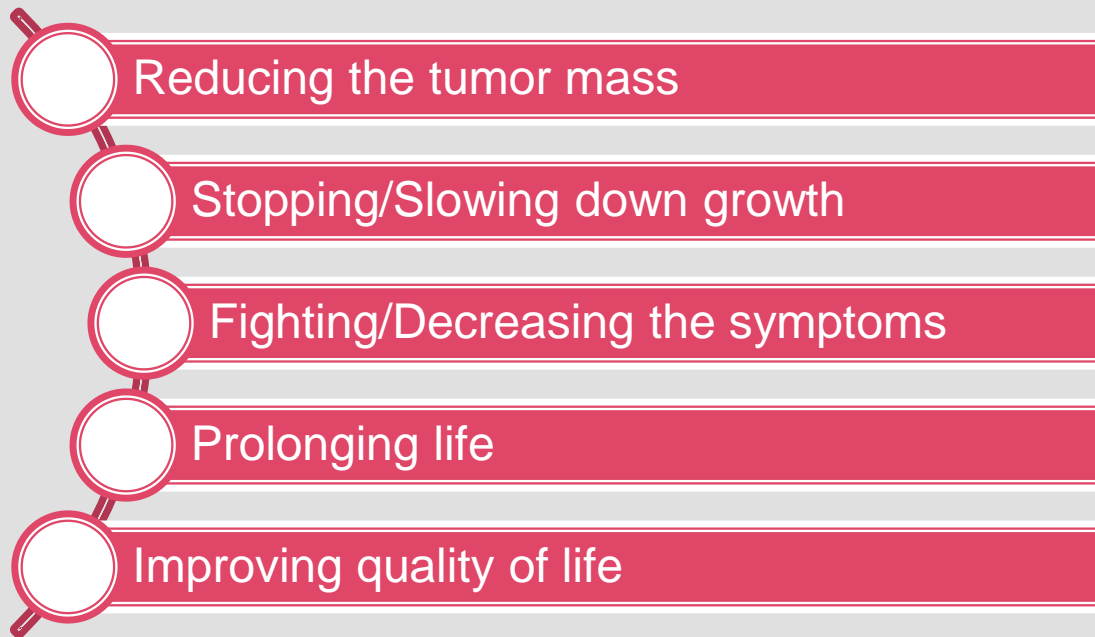
# What is Quality of Life?



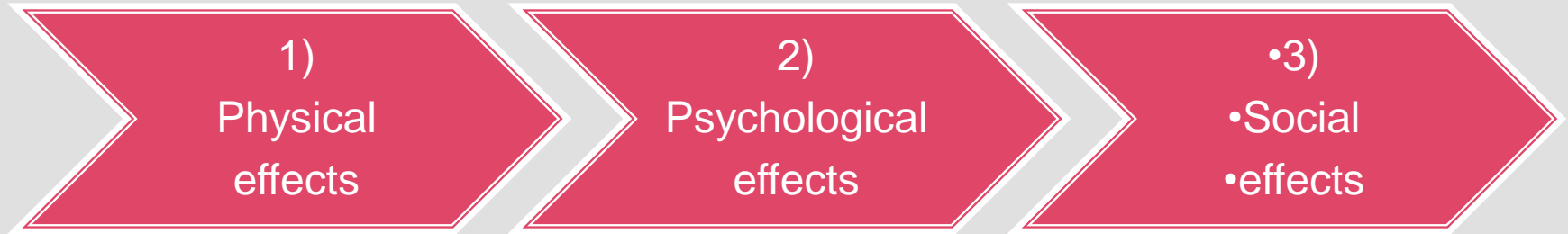
All Photos: © Liz Lechner

- Physical and emotional wellbeing
- Ability to perform daily roles
- Joy of life
- Avoidance of pain
- Satisfaction with treatment
- Bearable psychological stress
- No bureaucratic hurdles

# What do MBC Treatments aim at?

- 
- Reducing the tumor mass
  - Stopping/Slowing down growth
  - Fighting/Decreasing the symptoms
  - Prolonging life
  - Improving quality of life

# What are the Impacts of MBC?



# 1) Physical Effects

- Pain
- Fatigue
- Nausea
- Lymphedema
- Dry mucous membranes
- Polyneuropathy
- Hand/foot syndrome
- Insomnia
- Hot flashes
- Loss of appetite
- Diarrhea
- Sexual disorders





## 2) Psychological Effects

- Psychological stress
- Anxiety
- Depression
- Grief
- Anger
- Hopelessness
- Loneliness
- Losing Control



### 3) Social Effects

- Family
- Job
- Communication
- Financial cuts
- Social security
- Home and childcare
- Everyday routines



# How can you improve the Quality of Life?



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- 1) Address psycho-oncological distress
- 2) Provide emotional support
- 3) Pass on information
- 4) Improve communication
- 5) Relief physical symptoms
- 6) Help with practical issues

From "Changing the Landscape for People Living with Metastatic Breast Cancer"  
published by the Metastatic Alliance

# Resilience: 10 Ways for a Life with Cancer



Accept your illness and live with it as „co-pilot“



Put stars on your light chain of life



Let yourself fall into a social net



Look for a fulfilling task



Concentrate on your personal needs



Collect information on your illness



Find a competent oncologist



Get psycho-oncological help



Try to make out all the positive aspects



Be active and live here and now





# My Plea

“

Please understand the special situation MBC patients are in and help them managing their illness with your knowledge and your heart.

”



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