Social and Sexual function promote Quality of Life in Breast Cancer Survivors

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Purpose
Improvements in diagnosis and treatments have increased the rates of survival among breast cancer patients. Exploring approaches to promote their health and quality of life is highly essential. We examined the impact of social and sexual function, body image and future perspective on quality of life (QoL) in women one year after radiotherapy treatment for breast cancer (N=231).

Method
QoL and functional scales were measured by the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQ-C30) and the breast module QLQ-BR23. Independent t-test and regression analysis were performed in separated age-groups (young ≤ 50 years, old > 50 years).

Results
Younger women reported significant lower body image (p < 0.05) than older women. Social functioning and sexual functioning were significantly associated with higher levels of QoL in both age groups, and social function was most important among the youngest ★.

Conclusion
Alternative approaches to promote health and quality of life are highly essential. Enhancing social and sexual functioning might be considered in the follow-up regimens of breast cancer survivors.

★ Adjusted for comorbidity, surgery techniques and adjuvant treatments

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