


SURVIVING BREAST CANCER: A Technologist's Perspective

Louise C Miller, RT(R)(M), FSBI, FNCBC
Director of Education
Mammography Educators




MAMMOGRAPHY
EDUCATORS

1

GOALS AND OBJECTIVES

- Describe procedures that the breast cancer patient experiences
- List common side effects of chemotherapy
- Explain emotional responses patients may have to diagnosis and treatment
- Demonstrate how emotional and physical responses affect patient behaviors
- Create a more compassionate understanding of patient needs
- Implement appropriate communication skills.




MAMMOGRAPHY
EDUCATORS

2

Sequence of Events 2017-18

- Screening mammogram
- Additional views
- US
- US Guided Core Biopsy
- Stereotactic Biopsy
- Diagnosis
- Treatment plan
- Second, third, fourth, fifth, sixth opinions
- Medication




MAMMOGRAPHY
EDUCATORS

3

Sequence of Events

- Port placement
- Chemo (Taxol) 12 rounds
- MRIs
- More chemo (the Red Devil) 4 rounds
- Neutropenic fever – Chemo crash
- Wireless localization
- Sentinal node procedure
- Lumpectomy
- Rad Tx



MAMMOGRAPHY
EDUCATORS

4



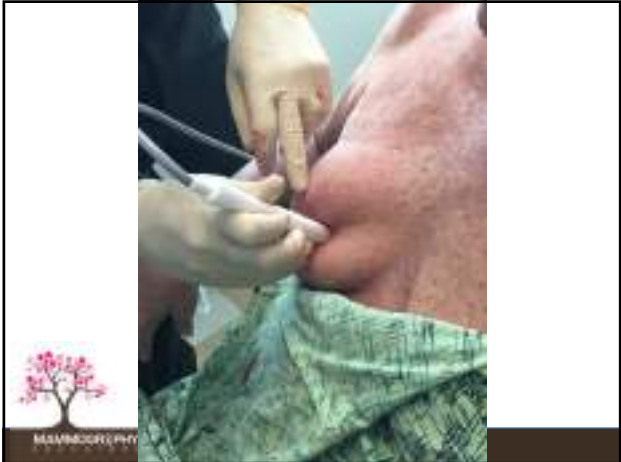
5



6



7



8



9

Typical Feelings

- Angry
- Scared
- Helpless
- It's not fair
- Why me?
- Guilty

10

Manifestation of Feelings

- Crabby
- Weepy
- Argumentative
- Non-communicative
- Rude
- Timid

11

Causes of Typical Feelings


- Fear of the effects of chemotherapy (baldness)
- Fear of losing our breast(s)
- Fear of dying
- Lack of knowledge
- Misinformation
- Appointments – so many, longggg waits

12

What People Usually Know

Physical sides effects of chemotherapy

- Nausea
- Hair loss



MAMMOGRAPHY

13


The Big Fear






MAMMOGRAPHY


14







MAMMOGRAPHY

15







MAMMOGRAPHY

16






MAMMOGRAPHY

17

What Most People Do Not Know

- The “chemo” experience
- Physical sides effects of chemotherapy
- Emotional side effects of having cancer

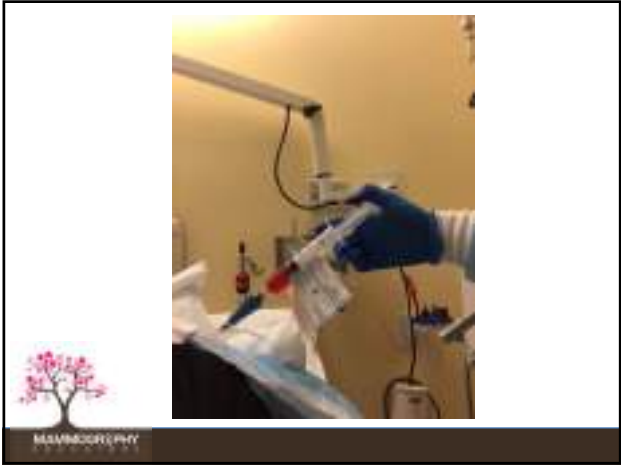


MAMMOGRAPHY

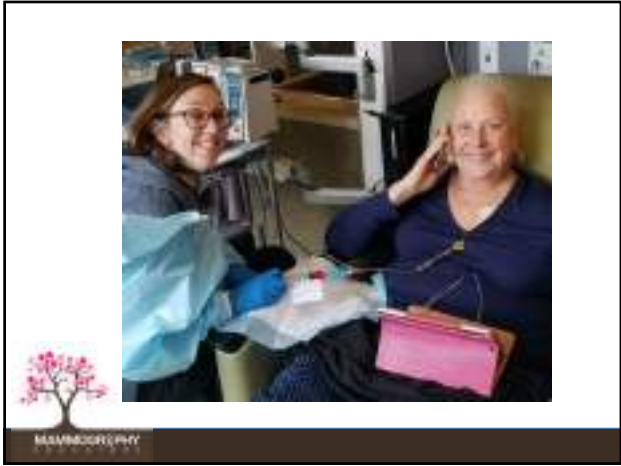
18



19



20



21

What Most People Do Not Know

Physical sides effects of chemotherapy

- Anemia
- Appetite Changes
- Bleeding Problems
- Constipation
- Diarrhea
- Fatigue
- Infection

22


Red Blood Cell Count
& Cancer

What can you do about red blood cell count after chemo & radiation?

SteadyHealth.com

23

Neutropenic Fever



24

What Most People Don't Know

Physical sides effects of chemotherapy

- Mouth/Throat/Nose Sores and Changes
- Nerve Changes (neuropathy)
- Pain
- Sexual Changes
- Swelling
- Urinary Changes
- Memory Changes



MLMMD0001PHYT

25



MLMMD0001PHYT

26

If I had a dollar for everytime I got distracted, I wish I had some ice cream.



someecards
user card

27

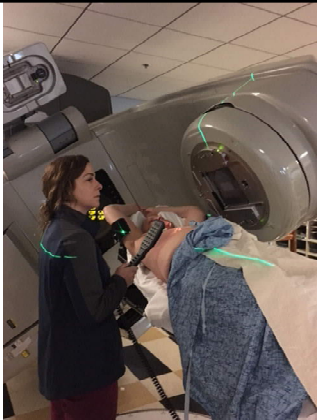
Radiation Therapy

- 3 weeks whole breast
- 1 week "boost"



MLMMD0001PHYT

28



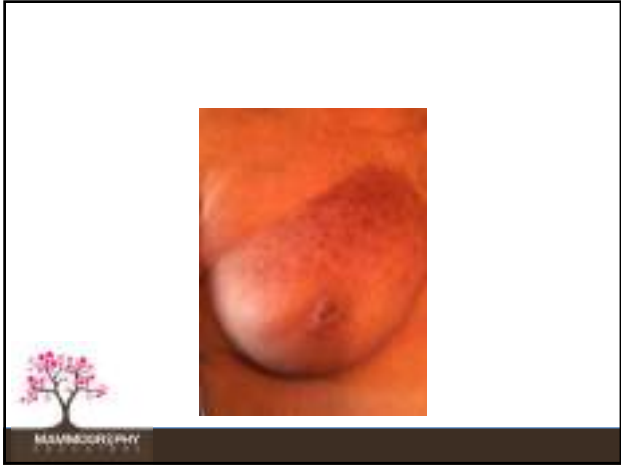
MLMMD0001PHYT

29



MLMMD0001PHYT

30



31

What Most People Don't Know

Emotional side effects of having cancer

32

Common Emotions During/After Tx

- Concerns about chronic health problems
- What do I do next?
- Frustration with physical changes or new limitations
- Sense of grief or loss (over others being diagnosed)
- Discomfort or shame when asking for help so long after treatment
- Anger

33

Common Emotions During/After Tx

- Relief that it is finally over
- Cautious Optimism
- Fluctuations in emotions
- Concerns about chronic health problems

34

AND THE NUMBER ONE CONCERN

FEAR OF RECURRENCE

- Can interfere with every aspect of life
- Can be triggered by reminders
- Can be masked by effects of treatment

35

Stage 0 –DCIS

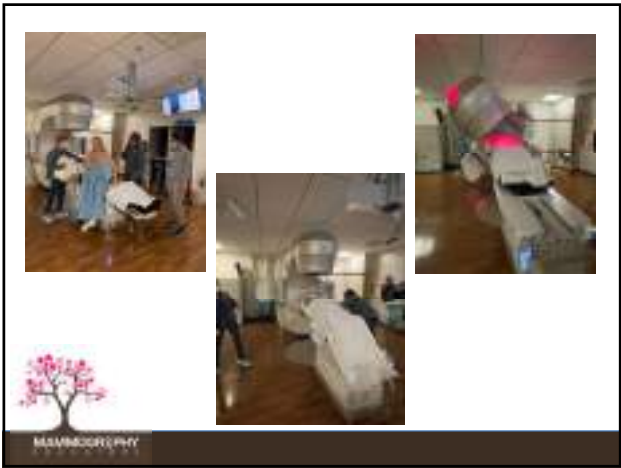
Dx: August, 2023

Finish Tx: January, 2024

36



37



38



39



40

Remember: Recovery Takes Time

“When treatment ends, the “warrior” and his/her family often not prepared for the fact that recovery takes time. In general, your recovery will take much longer than your treatment did. People often say that they did not realize how much time they needed to recover.”

Facing Forward

41

Learning and Teaching Points

- Realization that the breast cancer survivor/patient may have different emotional and physical needs
- The effectiveness of good communication skills
- The importance of education

42

Importance of Communication – TIPS FOR TECHS

- Speak their language
- Do not offer opinions or share your personal cancer experience
- Addressing the patient
- Non-verbal communication – hugs?




MEMMOROPHY

43

“Say What?” Things You Should Never Say To A Cancer Patient*

- What are your odds?
- You brought this on yourself.
- I know someone with your type of cancer, they ____.
- Good luck on your journey.
- Forget what your doctor says, you should try x,y,z.
- Nothing



MEMMOROPHY

* Hutch News: Oct. 30, 2013 By Diane Mapes

44

What You Can Do/Say As A Professional

- Speak from the heart: “I’m so sorry”
- Acknowledge the patients feelings
- Respect their decisions
- Use this new knowledge to create compassion




MEMMOROPHY

45

Importance of Education


- Learn all you can
- Ask questions
- Read, read, read
- Understand the *patient* experience
- Use the information to be compassionate towards those finding their way



MEMMOROPHY

46

KNOWLEDGE IS POWER!!




MEMMOROPHY

47

What You Can Do As A Friend


- Speak from the heart
- Help with specific tasks before they ask
- Remember, even cancer patients get cancered out.
- Be there
- Compassion



MEMMOROPHY

48

“Cancer brings changes that are not always for the worse and they bring about healthy personal growth. The cancer experience and your emotional responses can become important resources as you face your future.”



LIVESTRONG®2004

49


COMPASSION



LIVESTRONG®2004

50

HOPE




LIVESTRONG®2004

51

This is personal!



Each and every patient belongs to someone.

Take the time to see them as such.



LIVESTRONG®2004

52



LIVESTRONG®2004

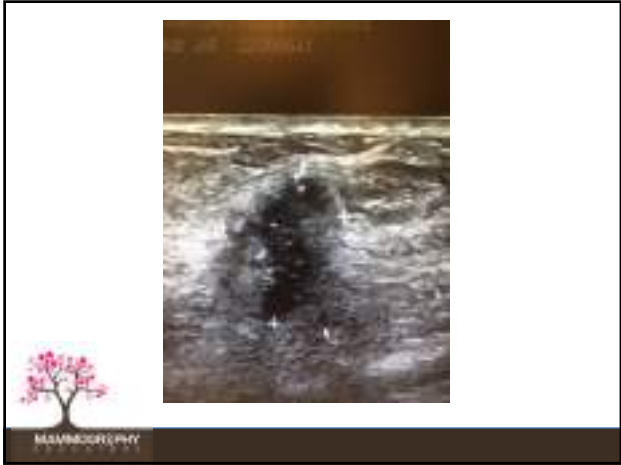
53

The real voyage of discovery consists not in seeking new landscapes but in having new eyes

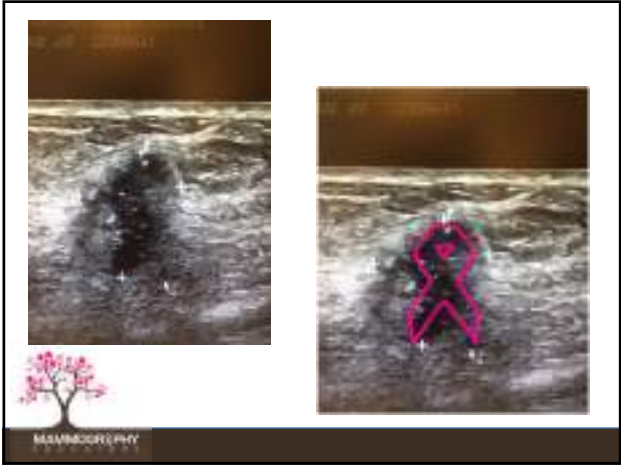
Marcel Proust



54



55



56



57



58



59