

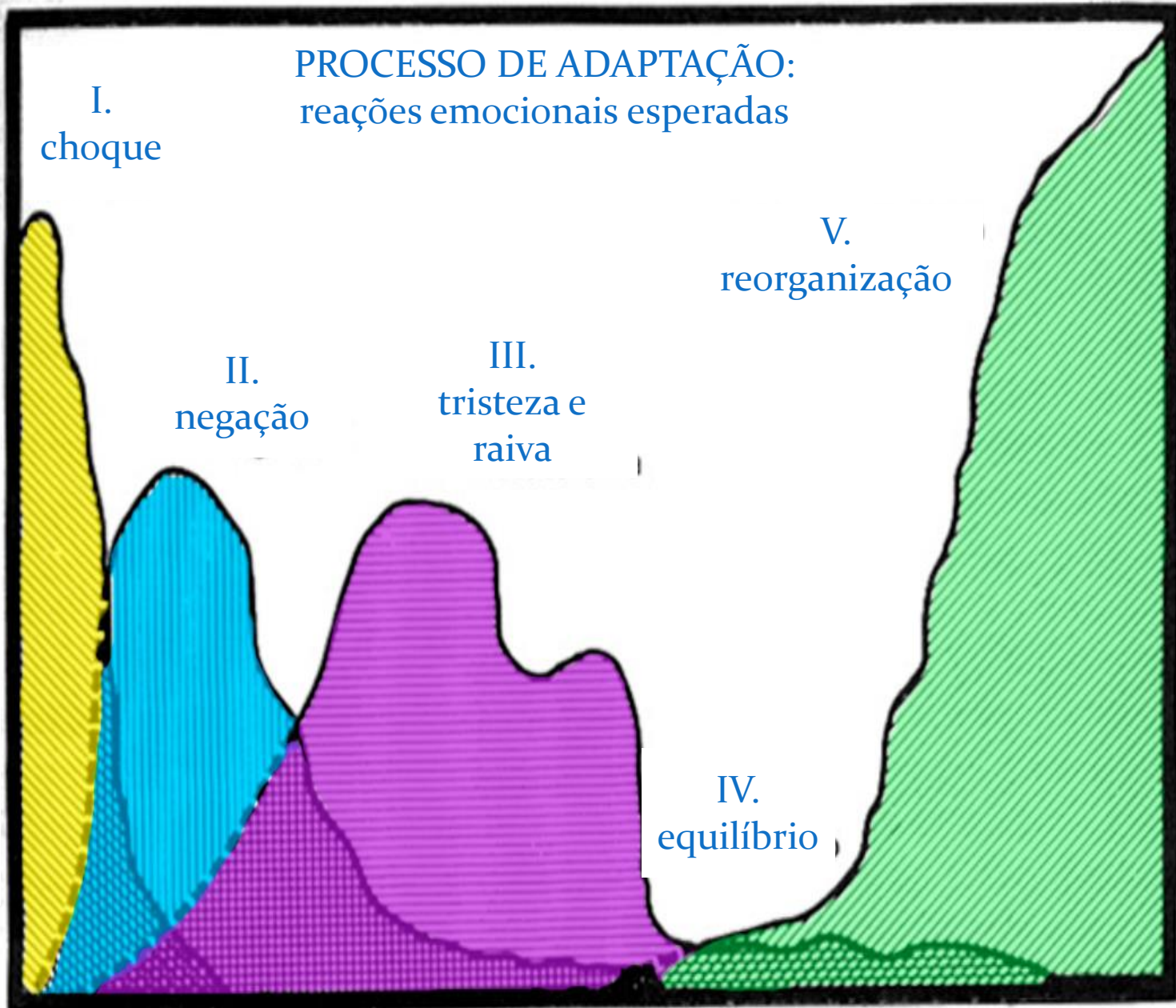
# IMPACTO EMOCIONAL do DIAGNÓSTICO de CÂNCER

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PROCESSO DE ADAPTAÇÃO:  
reações emocionais esperadas

Intensidade da reação



I.  
choque

II.  
negação

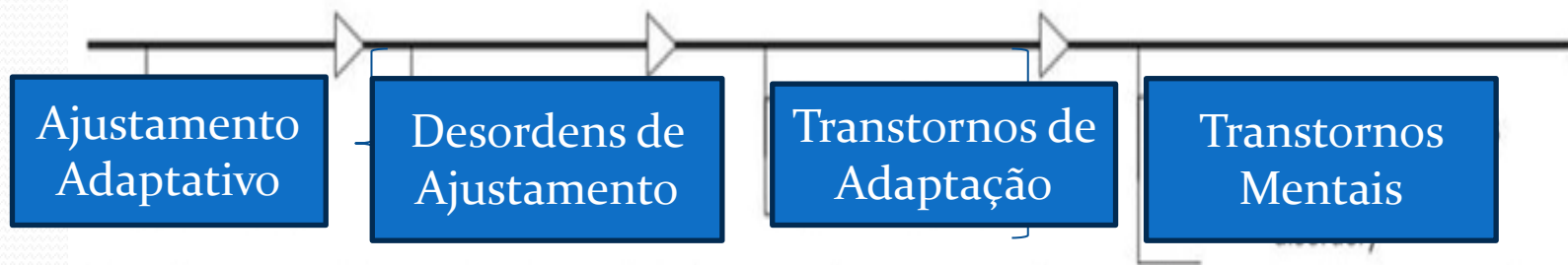
III.  
tristeza e  
raiva

IV.  
equilíbrio

V.  
reorganização

Duração relativa


# O contínuo do sofrimento



O sofrimento psicossocial existe em um continuum que varia de problemas de ajustamento adaptativo a síndromes que preenchem todos os critérios diagnósticos para um transtorno mental

# “O termômetro do sofrimento”

## Triagem: avaliação, psicoeducação e psicoterapia

DISTRESS THERMOMETER		PROBLEM LIST					
Instructions: Please circle the number (0-10) that best describes how much distress you have been experiencing in the past week including today.		Please indicate if any of the following has been a problem for you in the past week including today. Be sure to check YES or NO for each.					
Extreme distress		<b>YES</b>	<b>NO</b>	<b>Practical Problems</b>	<b>YES</b>	<b>NO</b>	<b>Physical Problems</b>
		<input type="checkbox"/>	<input type="checkbox"/>	Child care	<input type="checkbox"/>	<input type="checkbox"/>	Appearance
<input type="checkbox"/>		<input type="checkbox"/>	Housing	<input type="checkbox"/>	<input type="checkbox"/>	Bathing/dressing	
<input type="checkbox"/>		<input type="checkbox"/>	Insurance/financial	<input type="checkbox"/>	<input type="checkbox"/>	Breathing	
<input type="checkbox"/>		<input type="checkbox"/>	Transportation	<input type="checkbox"/>	<input type="checkbox"/>	Changes in urination	
<input type="checkbox"/>		<input type="checkbox"/>	Work/school	<input type="checkbox"/>	<input type="checkbox"/>	Constipation	
<input type="checkbox"/>		<input type="checkbox"/>	Treatment decisions	<input type="checkbox"/>	<input type="checkbox"/>	Diarrhea	
<input type="checkbox"/>		<input type="checkbox"/>	<b>Family Problems</b>	<input type="checkbox"/>	<input type="checkbox"/>	Eating	
<input type="checkbox"/>		<input type="checkbox"/>	Dealing with children	<input type="checkbox"/>	<input type="checkbox"/>	Fatigue	
<input type="checkbox"/>		<input type="checkbox"/>	Dealing with partner	<input type="checkbox"/>	<input type="checkbox"/>	Feeling swollen	
<input type="checkbox"/>	<input type="checkbox"/>	Ability to have children	<input type="checkbox"/>	<input type="checkbox"/>	Fevers		
<input type="checkbox"/>	<input type="checkbox"/>	Family health issues	<input type="checkbox"/>	<input type="checkbox"/>	Getting around		
<input type="checkbox"/>	<input type="checkbox"/>	<b>Emotional Problems</b>	<input type="checkbox"/>	<input type="checkbox"/>	Indigestion		
<input type="checkbox"/>	<input type="checkbox"/>	Depression	<input type="checkbox"/>	<input type="checkbox"/>	Memory/concentration		
<input type="checkbox"/>	<input type="checkbox"/>	Fears	<input type="checkbox"/>	<input type="checkbox"/>	Mouth sores		
<input type="checkbox"/>	<input type="checkbox"/>	Nervousness	<input type="checkbox"/>	<input type="checkbox"/>	Nausea		
<input type="checkbox"/>	<input type="checkbox"/>	Sadness	<input type="checkbox"/>	<input type="checkbox"/>	Nose dry/congested		
<input type="checkbox"/>	<input type="checkbox"/>	Worry	<input type="checkbox"/>	<input type="checkbox"/>	Pain		
<input type="checkbox"/>	<input type="checkbox"/>	Loss of interest in usual activities	<input type="checkbox"/>	<input type="checkbox"/>	Sexual		
<input type="checkbox"/>	<input type="checkbox"/>	<b>Spiritual/Religious Concerns</b>	<input type="checkbox"/>	<input type="checkbox"/>	Skin dry/itchy		
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	Sleep		
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	Substance use		
<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	Tingling in hands/feet		
No distress		Other Problems: _____					

-Zabora JR: Screening procedures for psychosocial distress. In: Holland JC, Breitbart W, Jacobsen PB, et al., eds.: Psycho-oncology. Oxford University Press, 1998, pp 653-61.

-Hegel MT, Collins ED, Kearing S, et al.: Sensitivity and specificity of the Distress Thermometer for depression in newly diagnosed breast cancer patients. Psychooncology 17 (6): 556-60, 2008.

-Use of the Relief Thermometer in Clinical Practice. J Adv Pract Oncol . 2019;10(2):175-179.



## Adaptação é Vida

It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.



CHARLES DARWIN

# A voz das pacientes:

- “passei todo o tempo do tratamento rezando para que a morte viesse me buscar, agora me sinto **quarto em barotada** e **comigo** porque vou sofrer de **pitiríase** para **eu** e **despedir** da **minha** vida **quando a morte chegar**” (C. 68 anos, solteira, **fazia filhos** nela”. (M. 36 anos, casada, sem filhos)

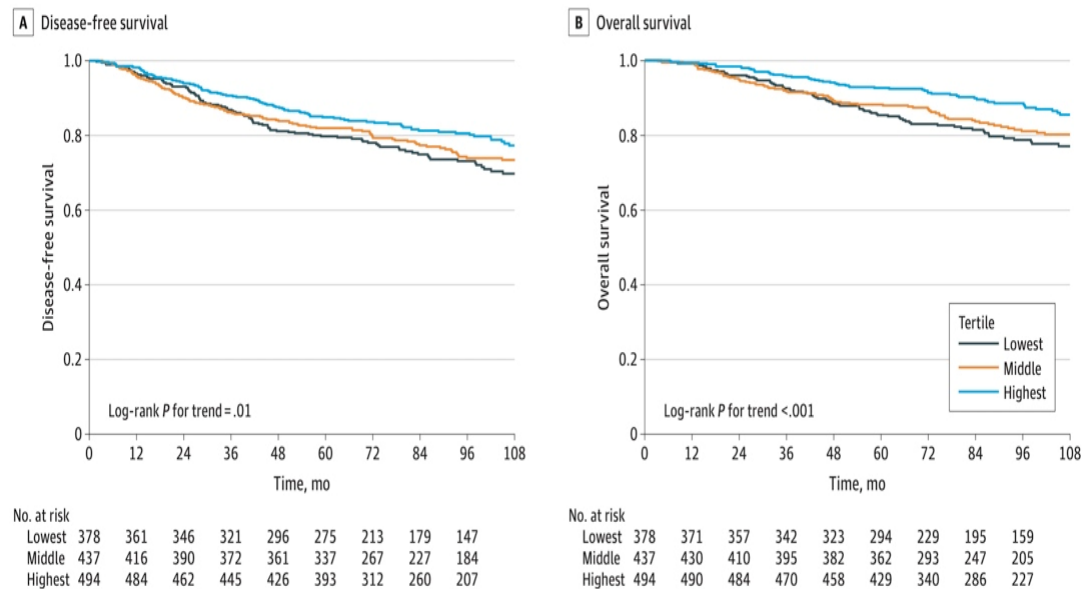


# A importância dos hábitos saudáveis (Medicina de Estilo de Vida)

## DELCaP Study\*

- coorte prospectivo de adesão às diretrizes de prevenção de câncer antes, durante e após o tratamento para CM de alto risco (n= 1304\*\*)
- **redução de 58% na mortalidade e**
- **37% na recorrência**
- As associações não foram modificadas pelo nível educacional, raça ou etnia ou status menopausal

Figure 2. Disease-Free and Overall Survival Experience in the Diet, Exercise, Lifestyles, and Cancer Prognosis (DELCaP) Study According to the Lifestyle Index Score




Kaplan-Meier plots representing associations of lifestyle index score tertiles at baseline with disease-free survival (A) and overall survival (B) in the DELCaP Study. The highest tertile reflects the strongest adherence to the American Institute for Cancer Research and American Cancer Society cancer prevention recommendations.

## \*Diet, Exercise, Lifestyles, and Cancer Prognosis (DELCaP) Study

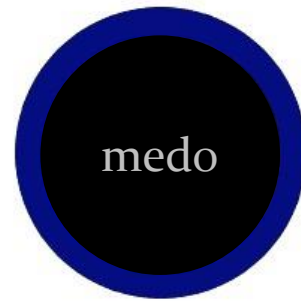
\*\*Os participantes eram pacientes virgens de quimioterapia com câncer de mama de alto risco estágio I a III, definido como linfonodo positivo doença com tumores negativos para receptores hormonais maiores que 1 cm ou qualquer tumor maior que 2 cm

# O medo da recorrência e os projetos de vida



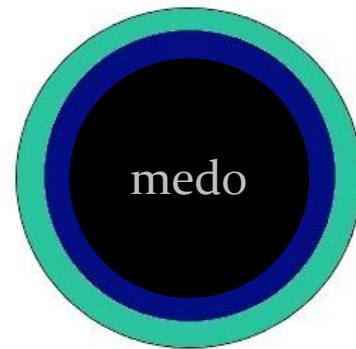
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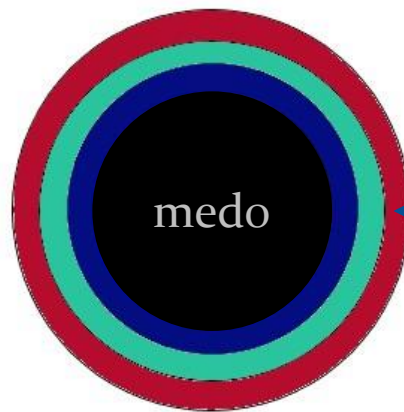
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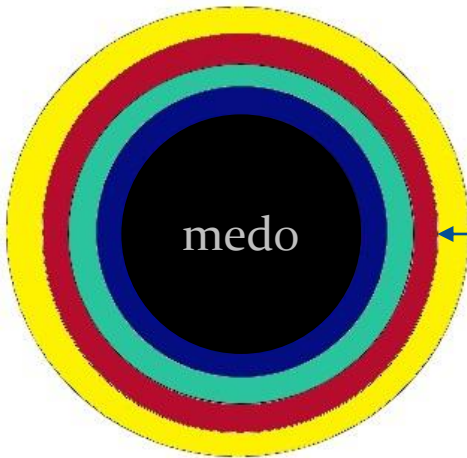


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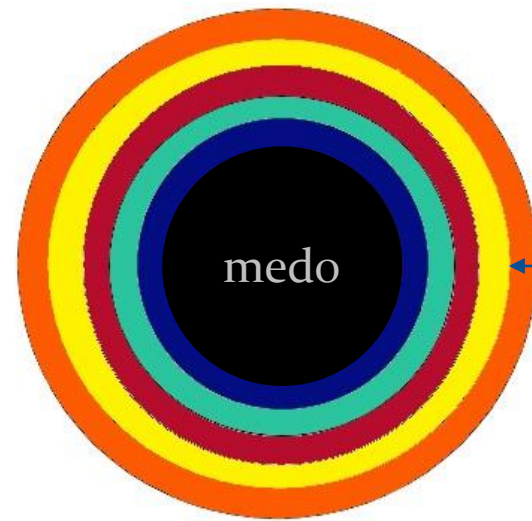




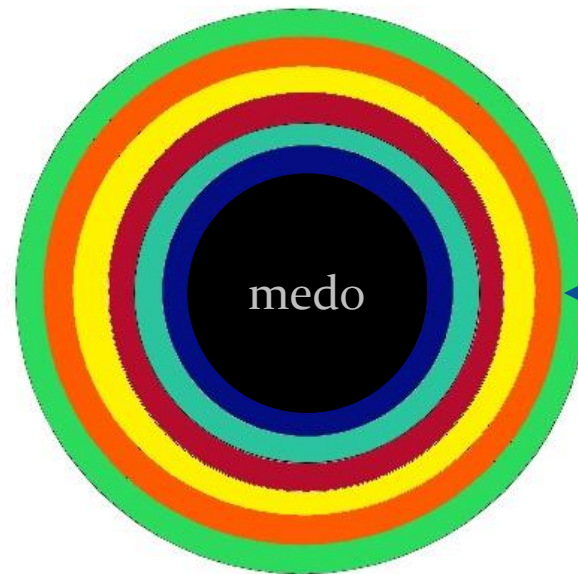
projeto de vida



projeto de vida



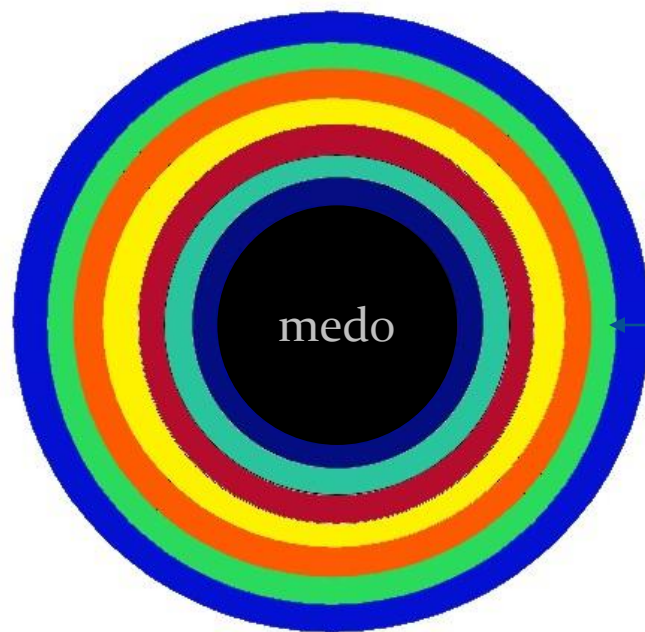
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medo

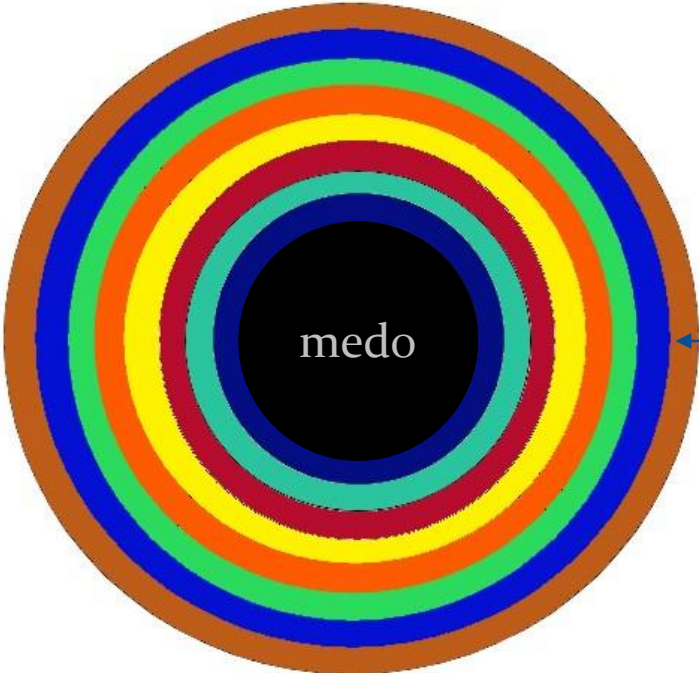
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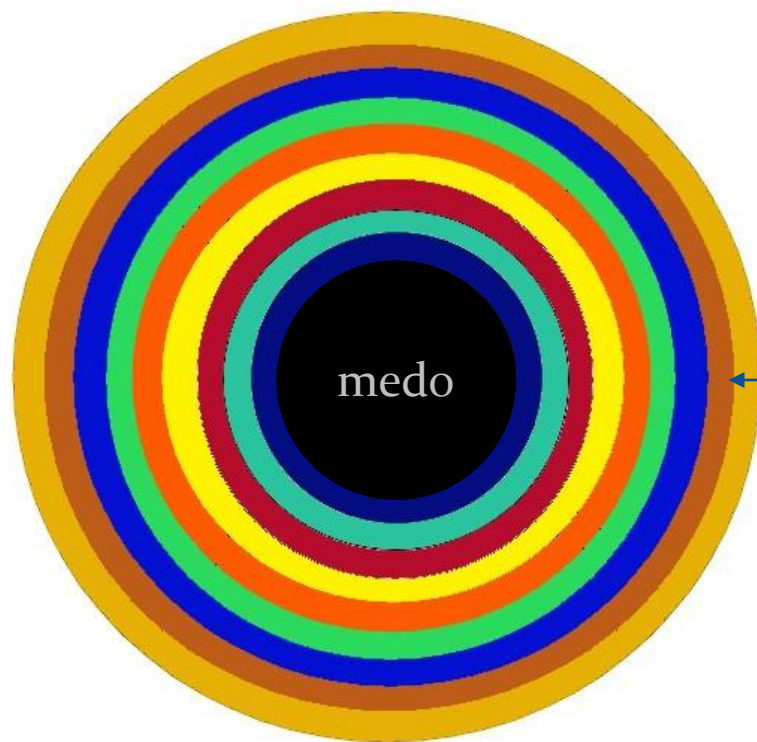
medo

projeto de  
vida



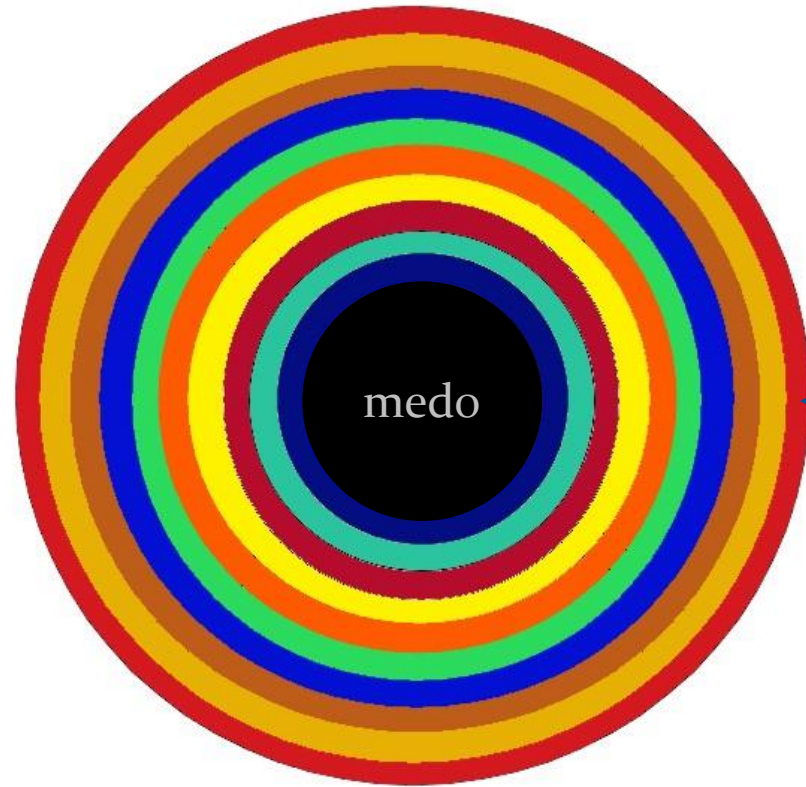
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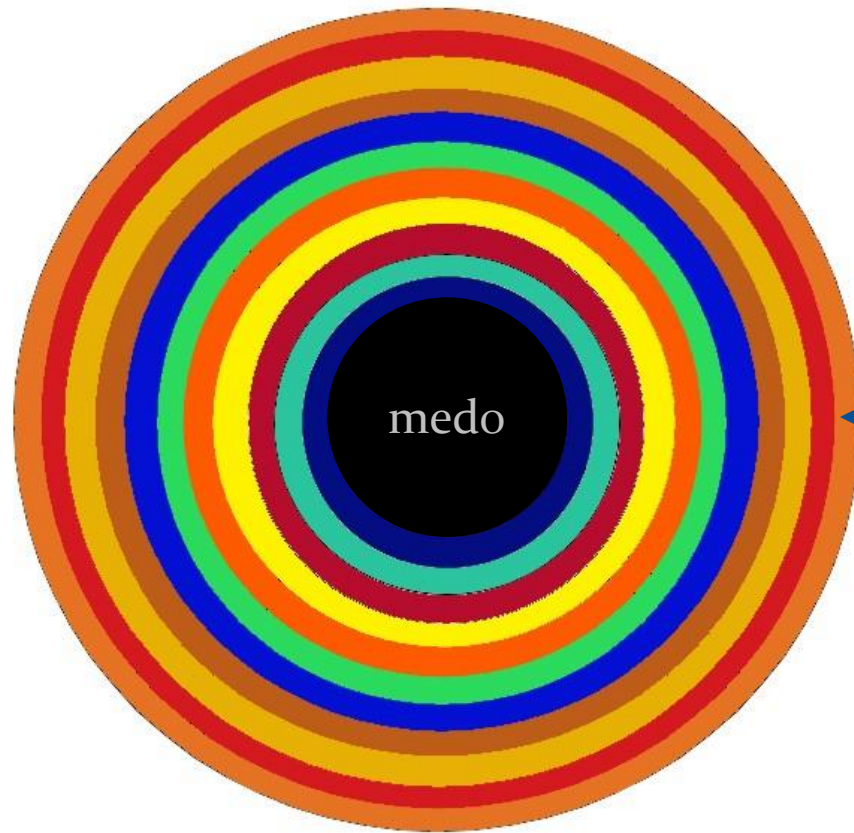


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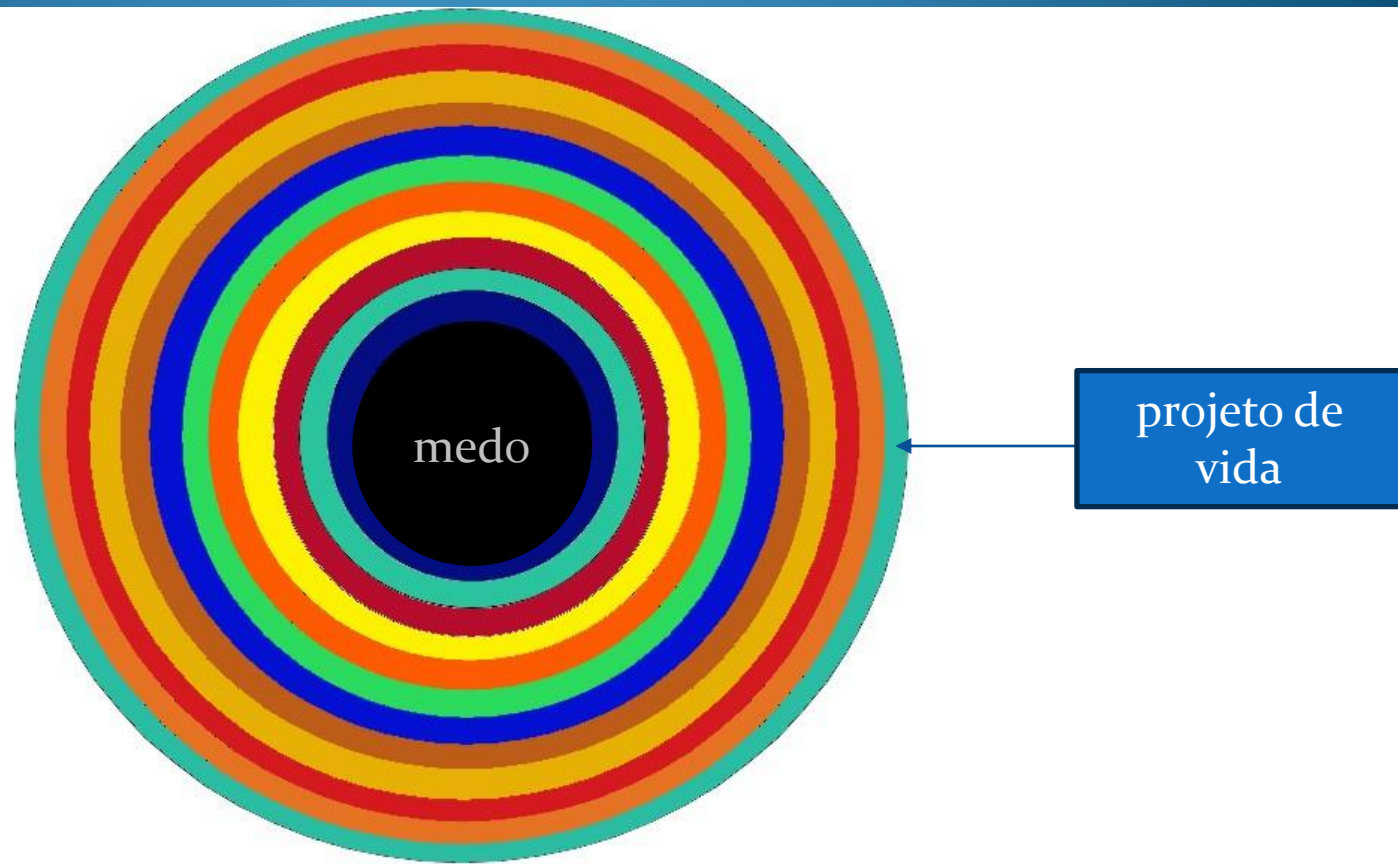
projeto de vida



projeto de vida











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