The Experience of Imagery as a Post-Treatment Intervention in Patients With Breast Cancer: Program, Process, and Patient Recommendations

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Key Points . . .

➤ After completing primary care, many cancer survivors suffer late- and long-term effects of their cancer treatments, which negatively affect psychological, social, vocational, and spiritual well-being as well as quality of life (QOL).
➤ Psychological dysfunction and low QOL can affect physical health, including immune function.
➤ Clinically tested imagery programs can significantly improve QOL and psychological well-being.

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In 2006, a report on the quality of life (QOL) of cancer survivors revealed a population of more than 10 million survivors in the United States. Women with a history of breast cancer were the largest group of survivors, comprising 22% of the population. The survivors remain largely understudied and lost to follow-up (Hewitt, Greenfield, & Stovall, 2006).

Three trends emerged from Hewitt et al.’s (2006) report: Cancer can become a chronic condition that must be managed for a lifetime; although life is preserved, many survivors suffer