Background

Questions about how AA women breast cancer survivors (BCSs) navigate psychosocial factors remain unanswered. This study's primary research question is, "How do AA women BCSs create a new normal post-breast cancer while figuring out their own identity?"

Methods

This qualitative study included 20 interviews from AA women BCSs in the U.S. associated with the Tigerlily Foundation. This IRBapproved included participants answering one survey and one interview via Zoom. Participants received compensation for their time involved in the study.

Findings

AA women BCSs struggle creating a "new normal" because their mental and emotional health is not adequately addressed. Balancing one's mental health is a challenge when other roles and responsibilities are competing for attention.

Mental & **Emotional Health**

 Cancer-related post-traumatic stress

THE PSYCHO-SOCIAL FACTORS IMPACTING AFRICAN AMERICAN (AA) WOMEN BREAST CANCER SURVIVORS

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Physical Side Effects

- Osteoporosis
- Lymphedema

Support Networks

 Isolation from family and friends Lifelong Assistance

 Cycle of medications

Conclusion

Releasing AA women from their cancer care team without resources for their mental and physical health does not help them sustain a high-quality life. AA women BCSs need professional therapists or oncology social workers to guide them throughout their BC journey.

References

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Let's Collaborate!

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