EVALUATION OF LIFESTYLE CHANGES IN PATIENTS DIAGNOSED WITH LUNG CANCER

Introduction:

Lung cancer remains the main cause for morbidity and mortality among all cancer types worldwide. Both the disease and its treatment cause symptoms which undermine patients' quality of life affecting their physical, social and psychological well-being.

Objectives

Evaluation of the impact of lung cancer disease on QOL

Methods

The sample of the study consisted of 100 lung cancer patients attending a Greek oncology clinic. QLQ-C30 & QoL-LC13 questionnaires were used.

Results

Cognitive Function was at 65.93%, Social Function at 67.50%, Physical Function at 65.93% with the General Health at 60.83%. Financial Difficulties were at 41.0%. Most common symptoms were fatigue, constipation, insomnia, dyspnea and alopecia. Pain was found at 14.63% with those under medication scoring less in the General Health and Physical Function variable. Diarrhea was significantly higher among patients without children ($p=0.038$) and insomnia among the working patients ($p=0.043$)

Conclusions

Factors that affect the QOL of patients have been found to be marital status, existence of children, work and pain medication. Gender, age, education were not found to be factors influencing the quality of life.

Keywords: quality of life, lung cancer, life style changes

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