

'Making the best of it': Chinese women's experiences of adjusting to breast cancer diagnosis and treatment

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Abstract

Title. 'Making the best of it': Chinese women's experiences of adjusting to breast cancer diagnosis and treatment.

Aim. This paper is a report of a study to describe Chinese women's experiences of adjusting to breast cancer diagnosis and treatment.

Background. Breast cancer is the most common cancer in women, and its diagnosis and treatment are pivotal life-changing events that prompt women to make immediate adjustments. Adjustment to breast cancer has been studied as a way of coping with a stressful event and adapting to chronic illness. Adequate adjustment through coping and adaptation leads to successful completion of treatment and improved quality of life.

Method. A descriptive phenomenological method was used, and 22 Chinese women were interviewed at a large cancer centre in Beijing, China, in 2004–2005.

Findings. Facing breast cancer, Chinese women tried to 'make the best of it'. The essences of Chinese women's experiences were: facing the reality of cancer diagnosis, taking an active part in the cancer treatment, sustaining an optimistic spirit, sustaining physically, lessening the impact of cancer on others, and reflecting and moving on. Chinese women had similar perceptions of breast cancer to women in western countries as a fearful, stressful, life-threatening and life-changing event, and some of their intentions and actions were also similar to western women's coping strategies. However, their experiences of adjusting to breast cancer also reflected Chinese historical, social and cultural influences.

Conclusions. Our findings have implications for healthcare professionals also in countries with Chinese migrants, and could be used as a basis for information and emotional and social support interventions as these can be effective in promoting adjustment to breast cancer.

Keywords: adjustment, breast cancer, Chinese women, coping, interviews, nursing, phenomenology

Introduction

Breast cancer, the third most common cancer in women worldwide, is the leading cancer in women in China (Yang

et al. 2005). Most women in western countries perceive breast cancer diagnosis and treatment as a stressful event that threatens all aspects of their lives (Lee *et al.* 2005). Studies have showed that adequate adjustment through coping or

Bits Of Ourselves Womens Experiences With Cancer

Kate Muir



Bits Of Ourselves Womens Experiences With Cancer:

Bits of Ourselves, 1986

Bits of Ourselves Vanessa Press, 1986-01

Lifting the Taboo Sally Cline, 1997-03

Illuminated by a profound yet humorous vision *Lifting the Taboo* explores the specific relationship women of many colors cultures ages and sexual orientations have to their own deaths their attitudes towards loss and their disposition to their role as primary care givers to the dying Specifically the book weighs the implications of breast cancer and examines in detail Alzheimer's Disease which contrary to popular myth can in several significant ways be perceived as a women's disease Investigating mothers responses to children's deaths Sally Cline establishes that women's relationships to death are intricately connected to the experience of giving birth They are she argues therefore psychologically and emotionally different from those of men Cline goes on to examine women's roles and responses to AIDS and suicide women's sexual relationships while dying how society views widows as leftover lives and women's radical work in hospices and death therapy as well as their roles as female funeral directors

Helping Couples Cope with Women's Cancers Karen Kayser, Jennifer L. Scott, 2008-02-28 Kayser and Scott have written an excellent manual for mental health practitioners who care for women with cancer To provide the best treatment for women and couples living with cancer it is imperative for the therapist to have a thorough understanding of medical treatments as well as normal responses to the experience Readers of this well written thoughtful and practical book will have both Hester Hill Schnipper LICSW BCD OSW C Chief Oncology Social Work BIDMC Author *After Breast Cancer A Commonsense Guide to Life After Treatment* Close relationships can be vital to a woman's recovery from breast or gynecological cancer and the myriad stressors that accompany diagnosis and treatment *Helping Couples Cope with Women's Cancer* shows readers not only how to enlist the patient's closest support person in coping with the disease but also to help that partner with the stressors such as feelings of inadequacy and loss that so often come with the role The authors established experts on their subject recognize the challenges couples face the central role of communication in coping and the individuality of each patient and couple In addition to proven intervention techniques and helpful assessment tools the book features case illustrations What to do if sections sociocultural considerations and suggestions for when the patient's caregiver is not her partner Key areas of coverage include Assessment quality of life impact of illness family resources Balancing work family self care and the demands of illness Cognitive coping relaxation stress reduction Body image sexuality and intimacy Helping children cope developmental guidelines Transitions goal setting life after cancer facing recurrence or terminal illness The skills and insights contained in *Helping Couples Cope with Women's Cancers* will benefit a range of health and mental health practitioners including counselors social workers clinical psychologists psychiatrists and nurses Graduate students planning a career in health psychology or couples therapy should also find it a valuable resource

Our Stories, Ourselves Mev Miller, Kathleen P. King, 2011-11-01 Women's lives are often written on our bodies Yet very little is made of the impacts of embodiment for women in literacy education both learners and

professionals This volume presents the writings of 26 contributors teachers students and administrators who examine the rich terrain of personal and professional experiences related to whole person engagement in learning and teaching These writings provide a compass to guide readers through the bodily landscapes mindful flights willful spirits and emotional embraces Written with the same desire to open minds hearts and practices to new understanding this book builds on the successful style of *Empowering Women through Literacy* 2009 This new volume appeals to all readers as the essays poems and investigations woven through its pages challenge us to consider the embodiment of women s learning Join us on the journey as we travel across many arenas and discover significant ways to comprehend and support best practices in teaching and learning especially for women

Forthcoming Books Rose Arny,1990 *Books in Print* ,1994 **Medical and Health Care Books and Serials in Print** ,1986 *How to Have a Magnificent Midlife Crisis* Kate Muir,2025-06-05 The smart guide that every midlife woman needs to read Forget everything you ve been told about midlife For millennia women have been led to believe that it s a time of decline On the contrary it is a time of transformation and re formation a turning point when we can move towards as bigger better and more magnificent future And who better to help you navigate this complex and wildly exciting time than women s health campaigner and documentary maker Kate Muir In this essential and empowering guide Kate draws upon scientific research personal experience and the courageous and humorous stories of women to arm you with the knowledge you need to approach your second half with confidence purpose and energy She reveals how to have better sex after decades of trying take advantage of brain rewiring in menopause upgrade your relationships and friendships change your job and find a creative renaissance avoid the midlife muffin top and love your microbiome This is your time to reset renew and refresh

Resourceful Woman Shawn Brennan,Julie Winklepleck,Gina Renée Misiroglu,Marie J. MacNee,1994 A handbook for women in all stages of life this book consists of articles poems short stories and resource information covering organizations educational and cultural programmes publications and videos relevant to women

Cancer and the Kali Yuga Cecilia Coale Van Hollen,2022-10-11 As news spread that more women died from breast and cervical cancer in India than anywhere else in the world in the early twenty first century global public health planners accelerated efforts to prevent screen and treat these reproductive cancers in low income Indian communities *Cancer and the Kali Yuga* reveals that women who are the targets of these interventions in Tamil Nadu South India hold views about cancer causality late diagnosis and challenges to accessing treatment that differ from the public health discourse Cecilia Coale Van Hollen s critical feminist ethnography centers and amplifies the voices of Dalit Tamil women who situate cancer within the nexus of their class caste and gender positions Dalit women s narratives about their experiences with cancer present a powerful and poignant critique of the sociocultural and political economic conditions that marginalize them and jeopardize their health and well being in twenty first century India

In My Own Words: Women's Experience of Hysterectomy Linda Parkinson-Hardman,2013 Perhaps you ve had or are thinking about having a hysterectomy Maybe you

know someone who is having a hysterectomy In either situation the most common reaction is to feel isolated and fearful about what you don't know The Hysterectomy Association believes having enough good quality impartial information is the key to navigating this change successfully we also know that other people's stories are incredibly powerful too This book of real life stories has been drawn together from many that have been shared with us over the years They show that whilst every experience of hysterectomy is unique there are common threads and themes running through them Other people's stories help women feel less isolated They show that they aren't going mad missing the point or stupid They show their concerns are genuine and that the only way to deal with them is to voice them They are a mixed bag telling of loss happiness joy and pain and they talk of a need to share with others before moving on

Consuming Bodies Jackie Hogan, Sarah Whetstone, 2024-12-24 Our bodies reveal the values priorities anxieties and material realities of the society in which we are situated and in contemporary consumer societies human bodies both reflect the defining characteristics of our time and carry the markers of social hierarchies based on categories such as gender race and class Consuming Bodies Body Commodification and Embodiment in Late Capitalist Societies explores the ways our bodies are increasingly commodified from before birth to after death through both long standing forms of commodification captive labor sex work and spectator sports and newer forms commercial surrogacy the thriving trade in human biomaterials female genital rejuvenation surgery global romance tourism and green burial practices among others As this diverse range of topics demonstrates body commodification reaches increasingly into every realm of our lives from our most intimate experiences to encounters with pop culture the beauty industries the medical industrial complex and the state This volume takes a critical perspective on body commodification and embodiment both in the US and across the globe making an important contribution to social scientific understandings of the body both by going beyond the Eurocentric approach that typifies much of the extant scholarly literature and by addressing newly emerging practices that are growing out of techno scientific and social changes

Reflecting Shekinah Barbara R Wieler, 2025-07-26 In *Reflecting Shekinah* Feminine Images of the Divine and Women's Sense of Self Barbara Wieler reflects on the nature and significance of the relationship between feminine images of the Divine and the sense of self for women from the Mennonite tradition Barbara Wieler approaches this question by interviewing six women with varied backgrounds and connections to the Mennonite church Their discussions cover a number of topics all revolving around the impact of imaging and experiencing the Divine as female as opposed to exclusively male on their relationships with themselves and others Parenting intimacy and faith are just some of the areas explored and the author derives implications not only for the women but also the church counsellors and feminist theory overall Through her methodology Ms Wieler presents her research in a personal and accessible way and her strength as a communicator makes this book a valuable read for academics and laypeople alike

Living the Raw Live Vegan Lifestyle Susan Eugenie Rubarth, 2012-03-20 Return from the abyss Navigate your way from the depths of uncertainty in health through the maze of

crazed food labels fad diets and fake food products towards living vibrantly full of energy and eating real food Today's busy people have turned to ready made processed chemically laden healthy alternatives in the name of convenience and succumb to a litany of conditions weight gain lethargy hormonal imbalance arthritis diabetes high blood pressure and high cholesterol These devastating conditions are commonly excused as part of the normal passage of aging Learn the truth in *Living The Raw Live Vegan Lifestyle* a medically proven system committed to creating true health from the inside out Supported by extensive research this simplistic process for achieving optimal health provides you with the knowledge to be your own health advocate aYou become a well informed participant regarding your future health aThe goal of this book is to educate healthy minded persons of a proven path to achieving your own goals aThe success of myself and my husband has been astounding and far surpasses what we thought achievable Discover it for yourself **Peace from Broken Pieces** Iyanla Vanzant,2010-09-15 How do you find your way through the broken pieces and the pain to peace In this honest and searching book New York Times best selling author Iyanla Vanzant recounts the last decade of her profoundly human journey and shares her own hard lessons to inspire you to put your personal puzzle back together Part metaphorical teaching story part wrenching personal chronicle this phoenix rising from the ashes tale is about men and money love and work mothers and daughters life and death and the patterns and pathologies that families pass down through the generations until someone gets clear enough to break the pattern and pave the way to healing Discover why everything you need to learn is reflected in your relationships gain a new perspective on personal power spiritual purpose and karma and recognize that it is possible to make your broken pieces whole *On Female Body Experience* Iris Marion Young,2005-01-27 Written over two decades these essays describe diverse aspects of women's lived body experience in modern Western societies Young combines theoretical description of experience with normative evaluation of the unjust constraints on their freedom opportunity that continue to burden many women *Researching Trust and Health* Julie Brownlie,Alexandra Greene,Alexandra Howson,2008-05-16 This multidisciplinary volume addresses the nature of trust and the conditions necessary to establish and sustain it The authors examine a range of significant conceptual themes in relation to trust creating a landmark contribution to the theoretical and empirical work available on the subject **Surface Tensions** Lenore Manderson,2016-06-16 *Surface Tensions* is an expansive yet intimate study of how people remake themselves after catastrophic bodily change the loss of limbs the loss of function the loss or replacement of organs Against a sweeping cultural backdrop of art popular culture and the history of science and medicine Manderson uses narrative epistemology based on in depth interviews with over 300 individuals to show how they re-establish the coherence of their bodies identities and biographies In addition to offering important new insights into the care rehabilitation and rehabilitation of post trauma patients Manderson's work challenges conventional ideas about the nature of embodiment and is an important contribution to medical anthropology disability studies and cultural studies **You've Changed** Laurie J. Shrage,2009-08-18 Is sex identity a feature of one's mind or body

and is it a relational or intrinsic property Who is in the best position to know a person's sex do we each have a true sex and is a person's sex an alterable characteristic When a person's sex assignment changes has the old self disappeared and a new one emerged or has only the public presentation of one's self changed You've Changed examines the philosophical questions raised by the phenomenon of sex reassignment and brings together the essays of scholars known for their work in gender sexuality queer and disability studies feminist epistemology and science studies and philosophical accounts of personal identity An interdisciplinary contribution to the emerging field of transgender studies it will be of interest to students and scholars in a number of disciplines

Reviewing **Bits Of Ourselves Womens Experiences With Cancer**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Bits Of Ourselves Womens Experiences With Cancer**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

<https://abp-london.co.uk/public/virtual-library/Documents/100%20qa%20about%20heart%20attack%20and%20related%20cardiac%20problems.pdf>

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