

THE IMPACT OF CANCER ON A PATIENT'S LIFE***EL IMPACTO DEL CÁNCER EN LA VIDA DEL PACIENTE*****O IMPACTO DO CÂNCER NA VIDA DO PACIENTE**

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When a person receives a cancer diagnosis, many thoughts go through that person's head. Will I be able to handle it, what will my family, my work, and so many other worries be like. The disease brings a series of changes: 1) Physical challenges, such as side effects of treatment, nausea, fatigue, hair loss. 2) Complex emotions such as fear, anxiety, sadness, uncertainty. 3) Social impact causing changes in the patient's professional and social life. 4) Changes in Lifestyle that make the patient have to adapt to new routines to deal with the treatment.

It is essential that there is open and honest communication from the entire multidisciplinary team, sharing in a clear and accessible way, answering the patient's questions. The professional's active listening, demonstrating interest and paying attention to the patient's emotions, will generate a relationship of trust that, without a doubt, will make all the difference at that moment.

The importance of empathy and compassion in treatment is achieved through a deep understanding of the patient's emotions, warm communication offering emotional support and patient-centered treatment offering a personalized treatment plan.

Support from family and friends is crucial to the patient's well-being. Additionally, seeking psychological therapy, joining support groups to share your experiences with other people and practicing relaxation techniques such as yoga and meditation will help reduce stress and promote well-being.

However, for the entire process to happen, the institution's management needs to be aligned with its professionals. Thus, there is the implementation of humanized care and a decent reception process and the entire clinical team begins to work in synergy. When provided with more attention and dedication from professionals, the patient feels more welcomed and safe in the clinical and hospital environment. In this way, the institution as a whole begins to provide greater reliability to people when conducting oncological treatments.

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