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[www.mommysdream.org](http://www.mommysdream.org)

### **Body Image**

The subjective picture or mental image of one's own body. Following cancer- related treatments, individuals may experience poor body image related to changes that have occurred throughout the progression of their diagnosis (e.g., hair loss, weight gain or loss, scares, wounds, rashes) (American Society of Clinical Oncology, 2018)

### **Changes in Relationships**

A diagnosis of cancer may cause distress on an individual's relationships. Changes within the relationships can positive or negative (Drabe, Wittmann, Zwahlen, Buchi, & Jenewein, 2011)

### **Depression**

A group of conditions associated with the elevation or lowering of a person's mood. Symptoms: Feeling sad, hopeless, worthless, empty, Loss of interest or pleasure in activities, Weight loss or gain, Tiredness, Trouble concentrating, remembering and making decision, Frequent thoughts of death or suicide, Mood swings from agitation and high energy (American Cancer Society, 2020).

### **Fear of Reoccurrence**

Fear of reoccurrence is the concern that cancer will come back after treatment (Live Strong, 2011). Symptoms: Minor aches, coughs, or headaches trigger a strong fear that the cancer has reoccurred, unwillingness to return to a full life due to fears, constant worry that cancer will return, sleep disturbance related to constant thoughts of reoccurrence, change or loss in appetite, no desire to spend time with family, and no interest in continuing usual routines (Live Strong, 2011)

### **Finding Meaning**

Cancer patients express the need to find a new meaning of life following their cancer diagnosis. Finding meaning may encompass redefining or discovering a new purpose for life (Dana- Farber Cancer Institute, 2022).

### **Grief**

Grief is a natural reaction to loss. Cancer patients may experience grief throughout their journey. Grief may be experienced as individuals experience loss of control, relationship, jobs, and independence (American Society of Clinical Oncology, 2018)

### **Guilt**

The feeling of blame and regret that is usually hard to accept or express (American Society of Clinical Oncology, 2019).

### **Loneliness**

An unpleasant experience that occurs when a person's network of relationships is felt to be deficient in some important way (Deckx et al., 2015).

### **Self-Esteem**

Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride, and shame (Cooper, 2006).

### **Spirituality**

The quality of being concerned with the human spirit or soul as opposed to material or physical things (Canada et al., 2020).



## **Our Mission**

**Mommy's Dream is a non-profit organization seeking to assist cancer patients in Billings, Montana, and surrounding communities. This organization aims to support cancer patients through community and financial resources. Mommy's Dream aspires to reduce all emotional, physical, and financial burdens cancer patients and their families face. Mommy's Dreams relies solely on the generous donations and funds raised from fundraising events to support this mission.**



Mommy's Dream



**Social and Emotional  
Effects of Cancer  
Fact Sheet**