

〈一般論文〉

## 化学療法 of 美容上の副作用に対する美容ケアによる 乳がん患者の QOL 改善効果

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### **Usefulness of Cosmetics in the Medical Field: Beauty Care Improves QOL of Breast Cancer Patients**

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(Accepted: May 30, 2013)

#### **Abstract**

Chemotherapy is needed to treat breast cancer, but often causes adverse drug reactions involving the skin, hair and nails. We investigated the effect of beauty care consultation by Shiseido makeup technicians and its continuation by patients on the quality of life (QOL) of women breast cancer outpatients. Statistically significant improvements were observed in the depression score in the Hospital Anxiety and Depression Scale (HADS). We also observed a significant correlation between improving makeup satisfaction score in the Visual Analogue Scale (VAS) and decreasing HADS depression score. It was concluded that beauty care consultation by technicians and its continuation by patients are useful to improve the QOL of women breast cancer outpatients.

**Key words:** breast cancer, chemotherapy, adverse drug reactions, beauty care, quality of life (QOL).