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Impact of physiological symptoms and complications of colorectal cancer on the quality of life of patients at King Abdulaziz University Hospital

Ssakher M Al-Otaibi
King Abdullah Medical City, Saudi Arabia

Colorectal cancer (CRC) is common worldwide. The high prevalence of the disease raises concerns about how CRC influences the health-related quality of life (QoL). To explore the impact of physiological symptoms and complications of CRC on patients' QoL, we conducted a cross-sectional survey using the FACT-C self-report instrument. The chi-square test was used to compare qualitative data. We found that pain was reported by most of the patients (n=31; 77.5 %). Furthermore, male patients were more likely to complain of pain "mostly" as compared with females. We found no significant differences between genders regarding general health-related questions. A greater proportion of male patients often complained of abdominal cramps, weight loss, and diarrhea. More than half of the patients (n=26; 65 %) reported having a good appetite; a greater proportion of males reported having a good appetite "mostly". Social and psychological qualities of life were not significantly different between male and female patients. Male and female patients did not differ in their report of disease acceptance and ability to enjoy life. No difference was also found between genders regarding contentment with QoL or ability to sleep well. Furthermore, there were no differences between genders regarding job fulfillment. Our results add to the growing body of knowledge about the effect of CRC on QoL. Importantly, the differences in self-reported pain and appetite between male and female patients in our study suggest the importance of gender-based treatments in improving patients' QoL.

Biography

Ssakher has completed his MBBS this year from King Abdulaziz University, faculty of medicine. A member of Saudi Society of Internal Medicine, this is his first published research. He works with his group on other researches, he participated with a poster in The Sixth Science Students Forum in King Abdulaziz University. He wishes to be one of the best in the medical field in the future. He is active on the social media in which he owns an account on twitter with more than 13000 followers provides brief medical information directed toward medical students.

Dr.sakher10@gmail.com

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