

The background features a dark blue gradient with several overlapping circular patterns. On the left side, there is a large, semi-circular scale with numerical markings from 140 to 260 in increments of 10. The scale is accompanied by various circular lines, some solid and some dashed, and small arrows pointing in different directions. The overall aesthetic is technical and scientific.

COSMETIC PROCEDURES DURING CANCER SURVIVORSHIP

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SURVIVE & THRIVE GYNECOLOGIC CANCER PROGRAM: PATIENT AND CAREGIVER WELLNESS

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COSMETIC PROCEDURES DURING CANCER SURVIVORSHIP

- Cosmetic procedures can play a significant role in the recovery and well-being of cancer survivors
- This presentation explores how these procedures can help gynecologic cancer survivors regain confidence and improve their quality of life

IMPACT OF GYNECOLOGIC CANCER ON BODY IMAGE

- Gynecologic cancers, including cervical, ovarian, uterine, and vaginal cancers, can have profound impacts on physical health and emotional well-being
- After the intense journey of treatment, many survivors may be looking for ways to rebuild their sense of self
- This is where cosmetic procedures can provide meaningful benefits, helping to restore a sense of normalcy and boosting self-esteem

IMPACT OF GYNECOLOGIC CANCER ON BODY IMAGE

- Gynecologic cancer treatments can cause challenging physical changes
- Surgeries may leave scars, radiation & chemotherapy can change skin texture and cause hair loss, and the overall experience can affect body image
- Many women report feeling less feminine or attractive, which can deeply impact their mental and emotional health
- Understanding these challenges is the first step toward addressing them and finding solutions that help survivors feel more comfortable in their own skin

COMMON CONCERNS OF SURVIVORS

- Cancer treatment often leads to a variety of physical changes including:
 - **Scarring:** Visible scars from surgery, especially in the abdominal area
 - **Skin Changes:** Radiation can cause changes in skin texture, color, and elasticity
 - **Hair Loss:** Hair thinning or loss, including eyebrows and lashes, due to chemotherapy
 - **Weight Changes:** Significant weight gain or loss, altering body shape
- These changes can be distressing, but there are cosmetic procedures available that can help manage or reverse some of these effects.

ROLE OF COSMETIC PROCEDURES IN RECOVERY

- Cosmetic procedures offer more than just aesthetic improvements— they can be a key part of emotional recovery after cancer treatment
- By addressing the visible signs of treatment, these procedures help survivors feel more like themselves again
- This can lead to increased confidence, a more positive outlook, and a better overall quality of life
- For many, these procedures symbolize a fresh start, helping to close the chapter on their cancer and move forward with renewed hope

TYPES OF COSMETIC PROCEDURES

- There are several cosmetic procedures that can help address the specific concerns of gynecologic cancer survivors:
 - **Scar Revision:** Surgical scar revision or laser treatments can reduce the appearance of scars, making them less noticeable.
 - **Skin Rejuvenation:** Procedures like chemical peels, microdermabrasion, or laser therapy can improve skin texture, tone, discoloration, and roughness.
 - **Hair Restoration:** PRP (Platelet-Rich Plasma) therapy and hair transplants can help restore hair lost during chemotherapy, including eyebrows and eyelashes.
 - **Body Contouring:** Procedures like liposuction or tummy tucks can help address changes in body shape due to weight gain or loss during treatment
- Treatment options are tailored to meet the specific goals of the survivor

CHOOSING THE RIGHT PROCEDURE

- Selecting the appropriate cosmetic procedure is a highly personal decision that should be made carefully. Considerations include:
 - **Health Status:** Ensure that you are healthy enough to undergo cosmetic procedures, with no ongoing treatments or conditions that could complicate recovery.
 - **Expectations:** Have realistic expectations about what the procedure can achieve. Cosmetic procedures can improve but may not completely erase all signs of treatment.
 - **Recovery Time:** Understand the recovery process and time commitment for each procedure, including potential side effects and downtime
- Consulting with a qualified plastic surgeon who understands the unique needs of cancer survivors is crucial in making an informed decision

SAFETY CONSIDERATIONS

- Safety is paramount when considering cosmetic procedures, especially after cancer treatment
- Important considerations include:
 - **Consultation with Your Oncologist:** Before undergoing any procedure, discuss it with your oncologist to ensure it won't interfere with your ongoing recovery.
 - **Qualified Professionals:** Only seek procedures from board-certified surgeons who have experience with cancer survivors.
 - **Understanding Risks:** Every procedure carries some risk. Make sure you are fully informed about potential complications and how they will be managed
- Taking these steps will help ensure that your cosmetic procedure is safe and successful, enhancing your recovery rather than complicating it

SUCCESS STORIES

- Many gynecologic cancer survivors have successfully used cosmetic procedures to improve their post-treatment quality of life. Here are a few stories:
 - **Anna's Story:** After ovarian cancer treatment, Anna struggled with scarring and hair loss. She opted for scar revision surgery and PRP therapy for hair restoration. Today, she feels more confident and says the procedures helped her regain a sense of normalcy.
 - **Maria's Journey:** Maria underwent a tummy tuck and laser skin treatment after her battle with uterine cancer. These procedures helped her restore her body shape and skin texture, giving her a new sense of confidence.
- These stories illustrate how cosmetic procedures can positively impact the lives of survivors, helping them to move forward with confidence

MICRONEEDLING (SKIN RESURFACING)



MOXI LASER (PIGMENT TREATMENT)



ABDOMINOPLASTY (TUMMY TUCK)



CONCLUSION AND RESOURCES

- Cosmetic procedures can play a vital role in the emotional and physical recovery of gynecologic cancer survivors
- By addressing the visible effects of cancer treatment, these procedures help survivors reclaim their sense of self and improve their overall quality of life
- For those considering these options, it's important to gather as much information as possible and consult with healthcare professionals who understand the unique needs of cancer survivors

CONCLUSION AND RESOURCES

- For more information, please visit these resources:
 - American Cancer Society <https://www.cancer.org>
 - National Cancer Institute <https://www.cancer.gov>
 - Look Good Feel Better <https://lookgoodfeelbetter.org>
 - The Northwestern Med Spa <https://northwesternplastics.com>
- Remember, you are not alone—support and resources are available to help you on this journey

Q&A / DISCUSSION

