

INTRODUCTION

Breast cancer is an regulated growth of abnormal cells in breast tissue. It happen when cells in the breast begin to grow out of control and can invade nearby tissue or spread throughout the body, (*World Health organization, 2006*).

In the United States breast cancer is the third most common cause of death after lung cancer and colon cancer. Estimates in 2009 were about 192,370 cases of invasive breast cancer and 62,280 cases of carcinoma in situ diagnosed in U.S. women As well as about 40,170 women will die from breast cancer, (*American Cancer Society, 2009*).

According to Statistical record of the Egyptian National Cancer Institute , breast cancer is the most common cancer among women, representing 18.9% of total cancer cases 35.1% in women , (*Saleh,2009*).

The diagnosis of breast cancer may affect on women from various aspects of their live. There are primary issues about self image, fear of recurrence and needs for continued treatment, as well as issues related to daily activities, career and relationships. After the immediate crisis of the diagnosis most women faces long-term psychological and sexual problems, as the breast is a profound source of female self-image. Breast cancer may seriously affect on women's perception of identity, that leads to psychologically damage, (*Nucleus Medical Art, 2004*).

A mastectomy is surgery to remove one or two breasts, there are main types of mastectomy, such as a subcutaneous mastectomy, a total or simple mastectomy and modified radical mastectomy. The most common reason for

mastectomy is the breast cancer. Mastectomy may treat or reduce the risk of several types of breast cancer such as invasive ductal carcinoma, invasive lobular carcinoma, medullary carcinoma, mucinous , tubular carcinomas, inflammatory carcinoma and paget's disease, (*James Lee, 2009*) .

Quality of life is that individual's perception of position in content the culture value system where they lived, and in relation to their goals, expectation, standards, and concerns. Health related quality of life is a construct that attempt to provide a generalized assessment of well being measure along multiple dimension including physical, psychological, and social well being. It is influenced by individual experience, beliefs, expectations and perceptions, (*Fallon et al., 2005*)& (*Hamed, 2004*).

Community health nurse give complete care to women with breast cancer, both during and after mastectomy surgery. Also assists clients in taking treatment decision, managing immediate effects of treatment, and reducing feelings of vulnerability, also increasing health competence and give clients a sense of control over the illness, (*Chantler& Mortimer, 2011*)& (*Rutten et al., 2010*).

Significance of the study

Breast cancer is the commonest malignant disease among Egyptian females with increasing rate, it was spreading rapidly among women in Egypt, that there were 24 cases per 100 thousand of women . It affects the physical and psychosocial wellbeing of both clients and family, and there is a substantial need for knowledge after mastectomy surgery. Thus, an important aspect of care is information provide to clients, which be tailored

according to knowledge base derived from the lived experiences of clients and family members,(*National Cancer Institute, Egypt ,2006*).

The removal of one or both breasts can have profound effects on women's life physically, socially, emotionally, psychologically, sexually, economically and disruption of daily life, (*El-Azab, 2010*). So this study was conducted to assess women's quality of life after mastectomy.