



## Respiratory Airway Secretory Cells (RAS) the new hope for COPD sufferers

<https://doi.org/10.56238/homeIIsevenhealth-150>

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### 1 INTRODUCTION

Cancer is not only a disease that affects only the body, the stress caused by its diagnosis contributes to emotional distress, feelings of anger, isolation and decreased self-esteem in response to this stress. In this way, it is vital to help a cancer patient feel good about themselves and their appearance can be of vital importance to give them emotional support and psychological resilience to survive and recover from the side effects of the disease and its treatment. It is in this domain that aesthetic treatments find themselves in a privileged position to help a cancer patient with the side effects themselves, increasing or recovering self-esteem.

### 2 OBJECTIVE

Conduct a literature search on how aesthetics in integrative oncology can contribute to the promotion of health, well-being and self-esteem.

### 3 METHODOLOGY

This is a literature review, developed with articles published from 2017 to 2021 in the electronic databases: Portal Capes, *Scientific Electronic Library Online* - Scielo and Google Scholar, using the descriptors: self-esteem, self-image, aesthetics, oncology, complementary and integrative therapies, and their respective synonyms, in Portuguese and English. Only published articles that dealt with the theme and were available online were included. Articles outside the proposed period, which did not deal with the topic, not available online and repeated articles found in different databases were excluded.

### 4 DEVELOPMENT

In this study, it was observed that a large portion of the publications are integrative reviews. However, the categories that emerged from this work were: nursing care in oncology and the use of integrative/ complementary therapies in cancer patients. According to Souza and Stamm (2021), the



use of integrative therapies can be considered as supplements to classical medicine, and include methods that help relieve some symptoms of cancer, and the side effects caused by treatment, leading to a greater sense of well-being. Among the integrative therapies most used to relieve the various symptoms resulting from cancer treatment are acupuncture (CARVALHO *et al.*, 2019); aromatherapy (ÖZLÜ; BILICAN, 2017), and reflexology (MURAT-RINGOT *et al.*, 2020), which consider that a more humanized aesthetic, and with an oncological focus, aims to understand and exercise respect for life, and also involves attention to the psychosocial, existential and spiritual aspects of well-being.

## **5 FINAL CONSIDERATIONS**

Oncology patients suffer several effects resulting from treatment, it is necessary to establish conducts that help the patient to deal with the treatment and its effects, minimizing the impacts on their self-esteem and well-being. Integrative therapies effectively and safely reduce physical and emotional symptoms. These therapies provide a favorable risk-benefit ratio and allow cancer survivors to help manage their own care.



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