STUDY OF DIFFERENT CONTRALATERAL SYMMETRIZATION PROCEDURES FOLLOWING BREAST CANCER SURGERY

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INTRODUCTION

- The modern goals of breast cancer treatment have gone beyond cure, and included maximizing aesthetic outcome and quality of life. The majority of breast cancer treatments adversely affect breast aesthetic appearance and cause morbidity due to deformity, hence some have required contralateral breast symmetrization procedures to meet patient satisfaction, improve aesthetic appearance and achieve symmetry.

AIMS OF THE STUDY

This study **aimed at evaluation of:**

- Different contralateral symmetrization procedures.
- Complications and its management.
- Patient satisfactions & aesthetic outcomes.
- Detection of contralateral occult lesions.

METHODS AND MATERIALS

- Study conducted on 30 F patients, in Alexandria University Main Hospital,
- During May 2010 to December 2017.
- Follow up: ranged from 17 months to 91 months,(mean 42.6 ± 19.6 months).
- The data collected entailed:
  - Personal data, presenting complains, family history, menstrual history and use of OCP, examination, investigations & metastatic workup, surgical procedures used for management of tumor,
  - Details of contralateral symmetrization procedures, complication, results of assessed suspicious contralateral glandular tissues, postoperative oncological follow up, evaluation of patient satisfaction, aesthetic outcome and symmetry by patient and doctors.

RESULTS

- Age of patients ranged from 33yrs to 68yrs, BMI was 22.0 – 55.6 (mean 51.2 ± 8.1).
- *Time at contralateral symmetrization*

  28(93.3%) cases had undergone Immediate operation versus 2 (6.7%) delayed

Type of Contralateral symmmetrization.

27(90%) had undergone Immediate Reduction Mammoplasties Versus 3(10%) Mastopexies (2 delayed , 1 immediate).

- postoperative complications

  3 cases (17.6%) developed contralateral(Asthetic side) Complications versus 14 cases (82.4%) Ipsilateral (tumor side) complications

- Two (6.7%) cases of recurrences.
  - distant recurrence occurred after 2months → systemic chemotherapy,
  - local recurrence occurred after 17months, → simple mastectomy.
- Patient satisfaction assessment for aesthetic outcome, improvement in body image& clothe and relief of symptoms associated with pendulous breast was excellent in majority of cases;
  - 19 cases (63.3%) expressed excellent
  - 6 cases (20%) expressed good
  - 3 cases (10%) expressed fair
  - One case (3.3%) expressed poor
  - one case (3.3%) wasn't assessed.
- Regarding Doctors assessment for Aesthetic and symmetry of breast size, shape, and position of NAC, the outcome was excellent in most of the cases.
  - 23 cases (76.7%) were excellent
  - 5 cases (16.7%) were good
  - 1 case(3.3%) fair
  - 1 case (3.3%%) wasn't assessed.
- Suspicious Contralateral glandular tissues:
  - 7 cases (23.3%) revealed fibroadenotic and cystic changes,
  - 23 cases (76.7%) revealed normal breast tissues
  - No Occult Malignant nor Premalignant had detected.

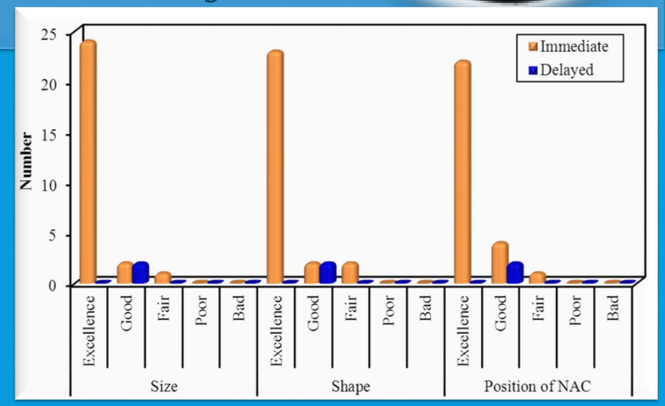


Figure (1): Aesthetic outcome and symmetry of size, shape and NAC as regards the time of contralateral breast symmetrization.



Figure (2): Symmetrization results after 4years, for 43 woman who had pendulous breasts , underwent right TRM couple with Immediate left RM

CONCLUSION

- To conclude;
- Immediate contralateral symmetrization procedures are safe in selected cases, yield superior aesthetic outcome, excellent patients satisfaction, relief the symptoms associated with pendulous breast, as well as save the patient a second surgical procedure while lowering operating room costs and time on waiting lists, and offer a chance for examination of suspicious glandular tissues.