

Title: Risk reducing mastectomy, when should we do it?

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BACKGROUND: Recent progress in understanding the genetic basis of breast cancer and widely publicized reports of celebrities undergoing risk-reducing mastectomy (RRM) have increased interest in RRM as a method of preventing breast cancer.

A generalized concern has been raised regarding the trend toward an over-aggressive surgical approach to breast cancer because even if RRM is nowadays a routine operation, it still remains a major intervention, with potentially protracted recovery, risk for serious complications, and long-term sequelae. It is therefore very important for physicians to be aware of this tendency, its drivers, and the evidence-based data.

METHODS: We looked at our data from Mediclinic cancer comprehensive center and determined the rate of risk reducing mastectomy, prophylactic mastectomy (ipsilateral and contralateral) and their relation with genetic mutation or family history.

We excluded the survival benefit and rate of recurrence as we still need to observe these patients for at least 5 years to determine that.

OBSERVATION: Majority of the decisions were made out of fear for not having the cancer back. Aesthetics reasons were rare. However fewer patients opted due to genetic mutation as well.

Biography

Dr Khan is a Consultant Breast and General surgeon who specialises in breast cancer. She is a Fellow of the American College of Surgeons and College of Physicians and Surgeons of Pakistan. She is a Member of the Royal College of Surgeons, Glasgow, UK. Dr. Rabbia, after completing her basic education in Pakistan, went to Glasgow, France and Hungary for higher studies. Her length of experience in the field of surgery is over 10 years.

Dr Khan has a fellowship in oncoplastic and reconstructive breast surgery from the National Institute of Oncology, Budapest, Hungary. She is skilled in the oncoplastic techniques involved in breast conserving surgery as well as reconstructing the breast. Breast reduction and augmentation for cosmetic purpose is also one of her areas of expertise.

Dr Rabbia takes active participation in research work, and has had multiple publications throughout her career. Her research work has been published in multiple international journals. She is associated with Mohammad bin Rashid University of Medical Sciences and is involved in teaching medical students and interns. Being a female surgeon, she is also capable of dealing with anal issues of females. Her main interests are breast cancer surgery with oncoplastic techniques. She can also perform minor anal surgeries. Dr Rabbia Khan is part of our Breast Unit in the Comprehensive Cancer Centre, which offers complete and advanced treatment and prevention of breast cancer, including general and high-risk screening, treatment for not only cancer but also high risk lesions and benign lumps. She is an active member of multidisciplinary tumour board meetings and has annual participation in international congresses of the American College of Surgeons.