

LOST TEMPLE FITNESS

BREAST SURGERIES

Quick Summary of Section

Mastectomy

- Surgical removal of the breast that has DCIS or cancer.

Breast Conserving – Lumpectomy

- Breast-sparing surgery means the surgeon removes only the DCIS or cancer and some normal tissue around it.

Considerations for Breast-Conserving surgery

- Most women with DCIS or breast cancer can choose to have breast-sparing surgery, usually followed by radiation therapy: Choices, what will my breasts look and feel like, returning to activities, will I need more surgery, recurrence.

Nipple-Sparing Mastectomy

- A nipple-sparing mastectomy is similar to the skin-sparing mastectomy. This procedure is more often an option for women who have a small, early-stage cancer near the outer part of the breast, with no signs of cancer in the skin or near the nipple.

Total Mastectomy or Simple Mastectomy

- The surgeon removes your whole breast.

Modified Radical Mastectomy

- Surgery for breast cancer in which the breast, most or all of the lymph nodes under the arm, and the lining over the chest muscles are removed.

Considerations with Mastectomy

- Most women with DCIS or breast cancer can choose to have a mastectomy: Choices, what will my breasts look and feel like, returning to activities, will I need more surgery, recurrence.

Considerations with Mastectomy and Reconstruction

- If you have a mastectomy, you might also want breast reconstruction surgery.

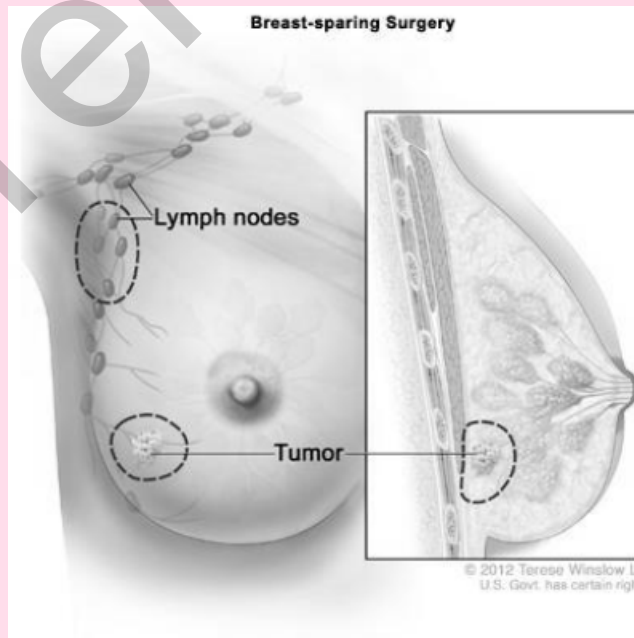
Compare the Types of Breast Surgery

- *Mastectomy, Skin sparing mastectomy, Mastectomy with reconstruction:*

- Is this surgery right for me?
- How long before I can return to normal activities?
- What other problems might I have?
- What will my breast look like?
- Will my breast have feeling?
- Will I need more surgery?
- What are the chances that my breast cancer will return in the same area?

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<p>Mastectomy</p>	<p>Surgical removal of the breast that has DCIS or cancer. There are different types of mastectomies:</p> <ul style="list-style-type: none">• Total mastectomy (also known as simple mastectomy)• Skin-sparing mastectomy• Modified radical mastectomy. <p>A mastectomy is most often recommended when:</p> <ul style="list-style-type: none">• There are multiple areas of cancer within your breast• The tumor is greater than 5cm (2inches)• Your breast is small or shaped such that removal of the entire cancer will leave little breast tissue or a deformed breast• You do not want or cannot have radiation therapy (sometimes radiation is necessary, even if you have a mastectomy). <p>Possible Side Effects of Mastectomy</p> <ul style="list-style-type: none">• Infection, poor wound healing, a reaction to the drugs used in surgery (anesthesia)• A collection of fluid or blood under the skin may occur after a mastectomy <p><i>Department of Health NY: Breast Cancer Treatment</i></p>
<p>Breast Conserving - Lumpectomy</p> <p>Also called breast-sparing surgery, partial mastectomy, quadrantectomy, and segmental mastectomy.</p>	<p>Breast-sparing surgery means the surgeon removes only the DCIS or cancer and some normal tissue around it.</p> <ul style="list-style-type: none">• If you have cancer, the surgeon will also remove one or more lymph nodes from under your arm.• Breast-sparing surgery usually keeps your breast looking much like it did before surgery.• After breast-sparing surgery, most women also receive radiation therapy. Some women will also need chemotherapy, hormone therapy, and/or targeted therapy.• The main goal of this treatment is to keep cancer from coming back in the same breast. <p><i>NIH NCI (8)</i></p>



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Considerations for Breast-conserving surgery	<p>Is this surgery right for me?</p> <ul style="list-style-type: none">• Most women with DCIS or breast cancer can choose to have breast-sparing surgery, usually followed by radiation therapy. <p>How long before I can return to normal activities?</p> <ul style="list-style-type: none">• Most women are ready to return to most of their usual activities within 5 to 10 days. <p>What other problems might I have?</p> <ul style="list-style-type: none">• You may feel very tired and have skin changes from radiation therapy. <p>What will my breast look like?</p> <ul style="list-style-type: none">• Your breast should look a lot like it did before surgery.• But if your tumor is large, your breast may look different or smaller after breast-sparing surgery.• You will have a small scar where the surgeon cut to remove the DCIS or cancer. The length of the scar will depend on how large an incision the surgeon needed to make. <p>Will my breast have feeling?</p> <ul style="list-style-type: none">• Yes. You should still have feeling in your breast, nipple, and areola (the dark area around your nipple). <p>Will I need more surgery?</p> <ul style="list-style-type: none">• If the surgeon does not remove all the DCIS or cancer the first time, you may need more surgery. <p>What are the chances that my breast cancer will return in the same area?</p> <ul style="list-style-type: none">• There is a chance that your cancer will come back in the same breast. But if it does, it is not likely to affect how long you live.• About 10% of women (1 out of every 10) who have breast-sparing surgery along with radiation therapy get cancer in the same breast within 12 years. If this happens, you can be effectively treated with a mastectomy. <p><i>NIH NCI (8)</i></p>
Nipple-sparing mastectomy	<p>A nipple-sparing mastectomy is similar to the skin-sparing mastectomy. This procedure is more often an option for women who have a small, early-stage cancer near the outer part of the breast, with no signs of cancer in the skin or near the nipple.</p> <ul style="list-style-type: none">• The surgeon often removes the breast tissue beneath the nipple (and areola) during the procedure, to check for cancer cells. If cancer is found in this tissue, the nipple must be removed. <p><i>Department of Health NY: Breast Cancer Treatment</i></p>

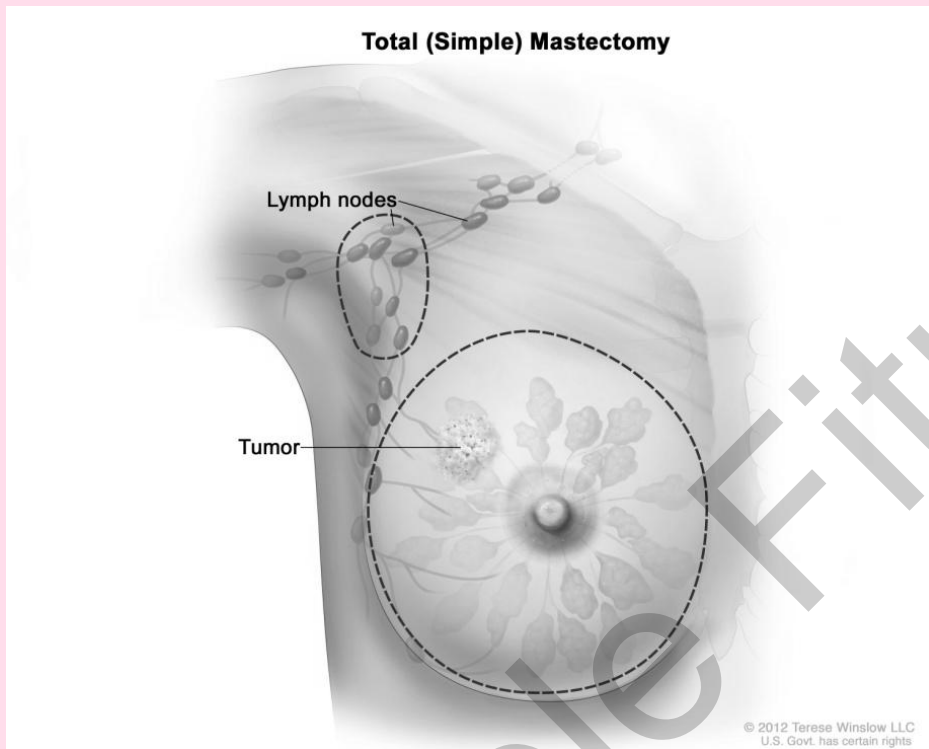
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Total Mastectomy or Simple Mastectomy

The surgeon removes your whole breast.

- Sometimes, the surgeon also takes out one or more of the lymph nodes under your arm.

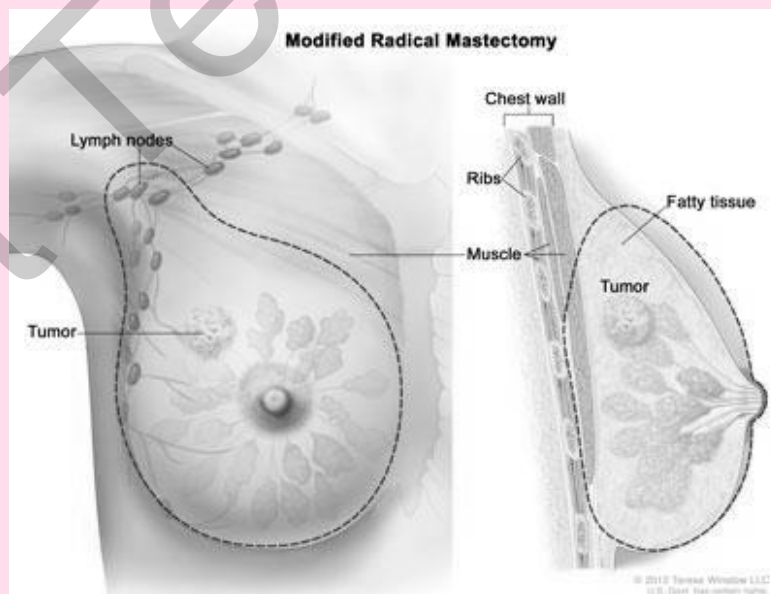


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Modified Radical Mastectomy

Surgery for breast cancer in which the breast, most or all of the lymph nodes under the arm, and the lining over the chest muscles are removed.

- Sometimes the surgeon also removes part of the chest wall muscles.



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Considerations with Mastectomy

Is this surgery right for me?

Most women with DCIS or breast cancer can choose to have a mastectomy.

A mastectomy may be a better choice for you if:

- You have small breasts and a large area of DCIS or cancer.
- You have DCIS or cancer in more than one part of your breast.
- The DCIS or cancer is under the nipple.
- You are not able to receive radiation therapy.

How long before I can return to normal activities?

- It may take 3 to 4 weeks to feel mostly normal after a mastectomy.

What other problems might I have?

- You may feel out of balance if you had large breasts and do not have reconstruction surgery. This may also lead to neck and shoulder pain.

What will my breast look like?

- Your breast and nipple will be removed. You will have a flat chest on the side of your body where the breast was removed.
- You will have a scar over the place where your breast was removed. The length of the scar will depend on the size of your breast. If you have smaller breasts, your scar is likely to be smaller than if you have larger breasts.

Will my breast have feeling?

- Maybe. After surgery, the skin around where the surgeon cut and maybe the area under your arm will be numb (have no feeling).
- This numb feeling may improve over 1 to 2 years, but it will never feel like it once did. Also, the skin where your breast was may feel tight.

Will I need more surgery?

- If you have problems after your mastectomy, you may need more surgery.

What are the chances that my breast cancer will return in the same area?

- There is a smaller chance that your cancer will return in the same area than if you have breast-sparing surgery.
- About 5% of women (1 out of every 20) who have a mastectomy will get cancer on the same side of their chest within 12 years.

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Considerations with Mastectomy and Reconstruction

Is this surgery right for me?

- If you have a mastectomy, you might also want breast reconstruction surgery.
- You can choose to have reconstruction surgery at the same time as your mastectomy or wait and have it later.

How long before I can return to normal activities?

- Your recovery will depend on the type of reconstruction you have. It can take 6 to 8 weeks or longer to fully recover from breast reconstruction.

What other problems might I have?

- You may not like how your breast-like shape looks.
- If you have an implant:
 - Your breast may harden and can become painful.
 - You will likely need more surgery if your implant breaks or leaks.
- If you have flap surgery, you may lose strength in the part of your body where a muscle was removed.

What will my breast look like?

- You will have a breast-like shape, but your breast will not look or feel like it did before surgery. And, it will not look or feel like your other breast.
- You will have scars where the surgeon stitched skin together to make the new breast-like shape.
- If you have tissue flap reconstruction, you will have scars around the new breast, as well as the area where the surgeon removed the muscle, fat, and skin to make the new breast-like shape.

Will my breast have feeling?

- No. The area around your breast will not have feeling.

Will I need more surgery?

- You will need more than one surgery to build a new breast-like shape. The number of surgeries you need will depend on the type of reconstruction you have and if you choose to have a nipple or areola added.
- Some women may also decide to have surgery on the opposite breast to help it match the new breast-like shape better.
- If you have an implant, you are likely to need surgery many years later to remove or replace it.

What are the chances that my breast cancer will return in the same area?

- Your chances are the same as mastectomy, since breast reconstruction surgery does not affect the chances of the cancer returning.

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Compare the Types of Breast Surgery:

NIH – National Cancer institute (NHI NCI (8)

Is this surgery right for me?

Breast-Sparing Surgery	Most women with DCIS or breast cancer can choose to have breast-sparing surgery, usually followed by radiation therapy.
Mastectomy	<p>Most women with DCIS or breast cancer can choose to have a mastectomy.</p> <p>A mastectomy may be a better choice for you if:</p> <ul style="list-style-type: none">• You have small breasts and a large area of DCIS or cancer.• You have DCIS or cancer in more than one part of your breast.• The DCIS or cancer is under the nipple.• You are not able to receive radiation therapy.
Mastectomy with Reconstruction	<p>If you have a mastectomy, you might also want breast reconstruction surgery.</p> <p>You can choose to have reconstruction surgery at the same time as your mastectomy or wait and have it later.</p>

How long before I can return to normal activities?

Breast-Sparing Surgery	Most women are ready to return to most of their usual activities within 5 to 10 days.
Mastectomy	It may take 3 to 4 weeks to feel mostly normal after a mastectomy.
Mastectomy with Reconstruction	Your recovery will depend on the type of reconstruction you have. It can take 6 to 8 weeks or longer to fully recover from breast reconstruction.

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What other problems might I have?

Breast-Sparing Surgery	You may feel very tired and have skin changes from radiation therapy.
Mastectomy	You may feel out of balance if you had large breasts and do not have reconstruction surgery. This may also lead to neck and shoulder pain.
Mastectomy with Reconstruction	<p>You may not like how your breast-like shape looks.</p> <p>If you have an implant:</p> <ul style="list-style-type: none">• Your breast may harden and can become painful.• You will likely need more surgery if your implant breaks or leaks. <p>If you have flap surgery, you may lose strength in the part of your body where a muscle was removed.</p>

What will my breast look like?

Breast-Sparing Surgery	<p>Your breast should look a lot like it did before surgery.</p> <p>But if your tumor is large, your breast may look different or smaller after breast-sparing surgery.</p> <p>You will have a small scar where the surgeon cut to remove the DCIS or cancer. The length of the scar will depend on how large an incision the surgeon needed to make.</p>
Mastectomy	<p>Your breast and nipple will be removed. You will have a flat chest on the side of your body where the breast was removed.</p> <p>You will have a scar over the place where your breast was removed. The length of the scar will depend on the size of your breast. If you have smaller breasts, your scar is likely to be smaller than if you have larger breasts.</p>
Mastectomy with Reconstruction	<p>You will have a breast-like shape, but your breast will not look or feel like it did before surgery. And, it will not look or feel like your other breast.</p> <p>You will have scars where the surgeon stitched skin together to make the new breast-like shape.</p> <p>If you have tissue flap reconstruction, you will have scars around the new breast, as well as the area where the surgeon removed the muscle, fat, and skin to make the new breast-like shape.</p>

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Will my breast have feeling?

Breast-Sparing Surgery	Yes. You should still have feeling in your breast, nipple, and areola (the dark area around your nipple).
Mastectomy	Maybe. After surgery, the skin around where the surgeon cut and maybe the area under your arm will be numb (have no feeling). This numb feeling may improve over 1 to 2 years, but it will never feel like it once did. Also, the skin where your breast was may feel tight.
Mastectomy with Reconstruction	No. The area around your breast will not have feeling.

Will I need more surgery?

Breast-Sparing Surgery	If the surgeon does not remove all the DCIS or cancer the first time, you may need more surgery.
Mastectomy	If you have problems after your mastectomy, you may need more surgery.
Mastectomy with Reconstruction	You will need more than one surgery to build a new breast-like shape. The number of surgeries you need will depend on the type of reconstruction you have and if you choose to have a nipple or areola added. Some women may also decide to have surgery on the opposite breast to help it match the new breast-like shape better. If you have an implant, you are likely to need surgery many years later to remove or replace it.

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Breast-Sparing Surgery	There is a chance that your cancer will come back in the same breast. But if it does, it is not likely to affect how long you live. About 10% of women (1 out of every 10) who have breast-sparing surgery along with radiation therapy get cancer in the same breast within 12 years. If this happens, you can be effectively treated with a mastectomy.
Mastectomy	There is a smaller chance that your cancer will return in the same area than if you have breast-sparing surgery. About 5% of women (1 out of every 20) who have a mastectomy will get cancer on the same side of their chest within 12 years.
Mastectomy with Reconstruction	Your chances are the same as mastectomy, since breast reconstruction surgery does not affect the chances of the cancer returning.

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Department of Health NY: Breast Cancer Treatment - What You Should Know
https://www.health.ny.gov/publications/0401/#treatment_options