Breast Cancer Surgery
What you should know...

**WHAT ARE YOUR SURGICAL OPTIONS?**

1. **Unilateral**
   - Affects one breast

2. **Bilateral**
   - Affects both breasts

**Lumpectomy**
- Removes the tumor and/or partial removal of the breast along with radiation therapy.

**Mastectomy with or without reconstruction**
- Removal of the breast.

**PROSTHESIS/IMPLANT**
- **Prosthesis**
  - Removable form that sits on top of the skin
- **Expander/Implant**
  - Saline or silicone gel implant surgically inserted under the chest muscle

**USING YOUR OWN TISSUE**
- **TRAM Flap**
  - Uses lower belly fat and abdominal muscle
- **DIEP Flap**
  - Uses lower belly fat and skin, sparing the muscle
- **SIEA Flap**
  - Uses lower belly fat without cutting through muscles
- **LD Flap**
  - Uses muscle, fat and skin from your back
- **Gluteal Free Flap**
  - Uses fat and skin from your buttocks

**DELAYED VS IMMEDIATE RECONSTRUCTION**

**Delayed**: a second surgery that occurs after breast cancer surgery to reconstruct the breast.

**Immediate**: when reconstruction is performed at time of surgery. This generally offers a more favorable cosmetic outcome.

**Lymph Node Surgery**
- **SENTINEL NODE BIOPSY**
  - Removal and testing of a sample of nodes from the armpit.
- **AXILLARY NODE DISSECTION**
  - Removal and testing of typically 10 to 20 nodes to determine if the cancer has spread. Some patients may require an axillary node dissection.

**Why is lymph node surgery important?**
- To help remove any cancer that may have spread to nodes and to guide post-operative treatment recommendations.

A research study conducted at Stanford University School of Medicine found that breast cancer patients with a bilateral mastectomy do not have better survival rates.

**Early detection leads to more treatment options and improved survival.**

Although 1 in 8 women will be diagnosed with breast cancer, the 5 year survival rates are high:

- **99% SURVIVAL** stage 0–I breast cancer
- **72% SURVIVAL** stage III breast cancer

**SOURCES**
- Stanford Health Care (stanfordhealthcare.org) // Stanford Cancer Center (cancer.stanford.edu)
- Stanford Medicine (med.stanford.edu) // National Cancer Institute (cancer.gov)
- Susan G. Komen Foundation (ww5.komen.org) // American Cancer Society (cancer.org)