

NIPPLE SPARING MASTECTOMY: CURRENT SCENARIO

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Introduction: Nipple-sparing mastectomy (NSM) is the surgical excision of all the breast tissue, preserving the subcutaneous fatty tissues, the skin and the nipple areola. This surgical technique was first described in 1951 as a treatment for benign breast diseases. Over the last years, NSM has become a therapeutic option not only for patients who sought prophylactic mastectomies, but also for patients with non-invasive and invasive tumors that were located away from the nipple areola. With the research on the mutation of genes BRCA 1 and BRCA 2, the number of risk reducing NSM has increased. In 2013, the North-American actress Angelina Jolie announced that she had undergone a bilateral NSM to reduce the risks of breast cancer. After this news, mastologists have reported an increase in the number of patients seeking information about genetic testing and risk reducing surgeries.

Objective: To verify if there was an increase in the number of NSM performed in a private clinic of the Breast Care Center (*Centro de Mama* - CEMA) of PUCRS university (assessing patients treated by two doctors, A and B) since Angelina Jolie's announcement in 2013.

Materials and Method: This was a cross-sectional retrospective study. We surveyed the total number of NSM performed between 2003 and 2014 by the surgeon A, and 2008 and 2014 by the surgeon B.

Results and Conclusions: The yearly average of NSM until 2012 was of 11.5% for both surgeons. From 2013 to 2014 there was an increase in the number of surgeries of 140% for the surgeon A (from 15% to 36%), and of 100% for the surgeon B (from 8% to 16%). So, in 2014 there was an increase of about 120% in the number of NSM performed in the private clinic of the CEMA in PUCRS. It can be concluded that with Angelina Jolie's announcement and the confirmation that this surgery, when well recommended, is a safe method, cause a

significant increase in the number of recommendations for this surgical technique as a new therapeutic option.

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