


# Choosing Between Mastectomy and Breast Conserving Therapy: What Influences Surgical Choice?

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## Background

Breast conserving therapy (BCT) offers similar oncologic outcomes and improved post operative satisfaction when compared to mastectomy for eligible patients. Yet when presented with both options, many patients still opt to undergo mastectomy. In this study we aim to evaluate factors, including self-reported distress, that may influence a patient’s surgical choice.

## Methods

Newly diagnosed breast cancer patients who completed a distress screening tool at their initial multidisciplinary clinic and were deemed candidates for BCT were retrospectively evaluated between 2016 and 2019. The distress screen measures distress level in emotional, social, health and practical domains on a scale of 0-10, 10 being high distress. Relevant sociodemographic and clinicopathologic factors were also recorded and compared against surgical option pursued.

## Results

A total of 459 patients met inclusion criteria. 71 (15.5%) elected to have mastectomy and 388 (84.5%) pursued BCT.

Distress Domain	Breast Conserving Therapy Median (IQR)	Mastectomy Median (IQR)	P-value
Emotional	5 (3-7)	5 (3-7)	0.1844
Practical	2 (0-5)	2 (0-5)	0.6666
Social	2 (0-4.5)	2 (0-3)	0.3731
Health	5 (3-7)	5 (2-8)	0.4094

*Younger age*, seeking a *second opinion*, and having a *palpable mass* on presentation were associated with more *aggressive* surgical decision making.

