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What do women want in breast reconstruction? Age-adhered surgery or rejuvenation?

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Introduction: The study aimed to investigate the desires of women in breast reconstruction.

Method: A questionnaire to women was given by online publication and offline paper printout. The task was to choose between two reconstructive options in an imaginary situation of being diagnosed with breast cancer and having the need to undergo a mutilating operation. In option one the women were asked if they would want to look as before and receive a breast reconstruction that matches the former breast in size and shape as closely as possible even if ptotic; or in option two if they would want to use the opportunity to look aesthetically ideal with a new lifted/rejuvenated appearance of the reconstructed breast and accept a changing/lifting breast operation also on the healthy side which otherwise would not need an operation.

Results: The online questionnaire was answered by predominantly a young age group of women with a mean birth year of 1987. From 262 women 183 (69.8%) chose option one and 79 (30.2%) chose option two. Young women with smaller breasts and a family history of breast cancer were among those who tended even more frequently to opt for option one. The offline questionnaire was answered predominantly by an older age group of women with a mean birth year of 1961. From 110 women 84 (76%) chose option one and 26 (24%) chose option two.

Conclusion: The majority of women desire to recreate their own natural and ptotic breast shape in reconstructive surgery without contralateral adjusting surgery.

Biography

Helga Henseler has completed her PhD at Glasgow University in 2011 with the title: Three-Dimensional Breast Assessment by Multiple Stereophotogrammetry after Breast Reconstruction with LatissimusDorsi Flap. She finished her Doctoral thesis at Duesseldorf University in 1996: To the History of Obstetric Analgesia with Special Regard to the Contribution of Obstetricians to Pain Control and Pain Relief. She is working as a consultant Plastic Surgeon at Hannover Medical School Germany since 2011 and previously at the Canniesburn Plastic Surgery Unit, Glasgow Royal Infirmary with a specialist interest in breast reconstruction and has published more than 15 papers in reputed journals.

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