

MASTECTOMY

Definition: Mastectomy- Surgical removal of one or both breasts, performed to remove a malignant tumor (malignant cancer).^{5,6}

Pathophysiology: The ultimate origin of breast cancer remains a mystery. However, extensive studies have concluded that 3 sets of influences are important: 1) Genetic factors 2) Hormonal imbalance 3) Environmental factors. Cancers of the breast are first detected by the patient or physician as a solitary, painless mass in the breast. Early treatment with regular medical examinations, mammography, xeroradiography and screening techniques are the best hope for total eradication of the disease.^{3,5,6,7}



ADVANCED BREAST CANCER



LUMPECTOMY



RADICAL MASTECTOMY

Affected People/Population: Breast cancer is the most common cancer for women in the U.S. and is the leading cause of cancer related deaths in women. The incidence is 5 times more common in the U.S. than Japan and Taiwan. The incidence also increases with age.^{5,6}

Medications: Depending on the type and stage of breast cancer the following medications can be given: Chemotherapy, radiation therapy and surgery. Antibiotics and analgesics may also be given after surgery.^{2,6,7}

Surgery: Surgery may involve from removal of the mass and some surrounding tissue (lumpectomy) to removal of the whole breast together with chest muscles, fascia and axillary lymph nodes (radical mastectomy).^{3,6,7}

Physical Therapy: Physical therapy intervention aims to: 1) Reduce lymphedema (accumulation of fluids) 2) Increase the mobility of the upper extremity 3) Correct postural misalignments 4) Increase the functional use of the arm. The above aims can be achieved by: Massage, application of compressive bandages, stretching, Range of Motion Exercises and strengthening.^{1,3,6,7}

References:

1. Physical Rehabilitation Assessment and Treatment by O'Sullivan 4th Ed.
2. Pharmacology by Jacob 2nd Ed.
3. Rehabilitation Medicine by De Lisa and Ganz 3rd Ed.
4. Orthopedic Physical Assessment by Magee, 3rd Ed.
5. Merriam-Webster's Medical Dictionary
6. Therapeutic Exercises by Kissner and Colby 4th Ed.
7. Robbin's Pathologic Basis of Disease by Cotran, Kumar and Robbin's 4th Ed.

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