Premise: Cannot accept mastectomy

### **patient scenario**:

* Dr: Good morning, Mdm. Thank you for joining the consultation today. How are you feeling?
* Mdm: Good morning, Dr. I’m feeling okay, but I’ve been quite worried about my surgery options.
* Dr.: I understand. You’ve been diagnosed with early breast cancer, and we are here to discuss the best surgical approach for you. Could you share with me what concerns you the most?
* Dr: I see. It sounds like the thought of a mastectomy has been really overwhelming for you. Can you tell me more about what’s been on your mind?
* Mdm: I just can’t imagine losing my breast. I know it might be necessary, but I feel like I’ll lose a part of myself.
* Dr: That’s completely understandable. Many patients feel the same way, and your feelings are valid. The good news is that, for your cancer, breast-conserving surgery might be an option. This involves removing the tumor while preserving the rest of your breast.
* Mdm: Really? I thought a mastectomy was the only choice.
* Dr: Not necessarily. In your case, we could consider a lumpectomy, followed by radiotherapy to reduce the risk of recurrence. This approach allows us to remove the cancer while maintaining the shape of your breast as much as possible.
* Mdm: That sounds more manageable. What are the risks with that option?
* Dr: With a lumpectomy and radiotherapy, there’s still a small risk of recurrence, but it’s comparable to a mastectomy when done correctly. We’ll monitor you closely with regular follow-ups. If the tumor is larger than expected or the margins aren’t clear, we might need a second surgery — but we’ll guide you every step of the way.
* Mdm: I appreciate that. I feel a bit more hopeful knowing I have options.
* Dr: Absolutely. We’ll work together to find a plan that treats the cancer effectively while respecting your concerns about body image and well-being. Would you like me to show you some visuals to help explain the process?

### **Decisional tool (pros and cons of each modality**):

* Factors for lumpectomy:
  + Preserves the breast: Removes only the cancer while keeping most of the natural breast tissue, addressing the patient’s concern about body image.
  + Shorter recovery time: Compared to mastectomy, recovery is generally quicker.
  + Psychological comfort: Patients often feel more confident retaining their breast shape.
* Factors against lumpectomy
  + Need for radiotherapy: Radiation treatment is required to reduce recurrence risk, which can cause tiredness or skin irritation.
  + Possibility of a second surgery: If the cancer margins aren’t clear, additional surgery might be necessary.