



RELEVANCE AND IMPORTANCE OF BREAST REDUCTION AS AN ADJUVANT IN THE TREATMENT OF DORSO-LUMBAR PAIN IN WOMEN WITH GIGANTOMASTIA: CLINICAL CASE PRESENTATION

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ABSTRACT

Objectives: To describe complications of gigantomastia in women and adjuvant treatment, breast reduction analysis as treatment. **Method:** A retrospective study was carried out in a young female patient diagnosed with gigantomastia and dorso-lumbar pain, who underwent surgical breast reduction treatment. **Results:** A 15-year-old female with gigantomastia and onset of dorso-lumbar pain for 10 months, with no evidence of correction of spinal curvature by imaging examinations and evident recurrent cervical, dorsal and lumbar paravertebral muscle contracture despite anti-inflammatory treatment and physical therapy. Bilateral breast reduction + mastopexy was performed, obtaining excellent therapeutic results for pain, aesthetic and psychological. **Conclusion:** The exaggerated growth of mammary glands in women (gigantomastia) can bring health problems in the short and long term; mainly back pain that does not completely subside to analgesic treatment and physiotherapy and in some cases can increase and even involve bone damage of the spine and finally be associated with psychological disorders due to dissatisfaction with their body. This is how the importance of a treatment for symptom relief, preventive by reducing the risk of bone alterations in the spine and of course improving the psychological part of the patient arises.

KEYWORDS : Gigantomastia, Reduction, Mammary.

INTRODUCTION

Gigantomastia or macromastia is known as the overgrowth of breasts in women; The breast tissue must exceed 1500 grams (normal weight 400 grams) which causes the breast not to have a normal shape, associated with postural problems that cause pain in the lumbar area, trunk, shoulders, neck, and in some cases can be disabling, as a result of defects such as kyphosis, scoliosis; affecting the quality of life of people who suffer from it.

This growth usually occurs at any stage of life, most common during adolescence and pregnancy; Hereditary and hormonal factors are considered to be direct causes. With the above, the objective of the treatment would be to improve the quality of life by relieving weight with a reduction surgery, and of course improving breast aesthetics, which helps to improve the psychological state of the patient.

METHODOLOGY

A retrospective study was carried out in a female patient with gigantomastia, dorso-lumbar pain, who underwent surgical treatment of breast reduction as a therapeutic measure for symptomatic relief. The information obtained is stored in the

Word and Image computer systems of those who carried out the study.

Clinical Case Presentation

A 15-year-old female patient presented with cervical, dorsal and lumbar pain for 10 months that did not yield to analgesic, anti-inflammatory and physiotherapy treatment and even affected her night's sleep and altered the patient's psychological state. He went to a doctor who performed imaging examinations of the spine without evidence of any pathology. She was referred to the plastic surgery service for evaluation of gigantomastia as the cause of the clinical picture.

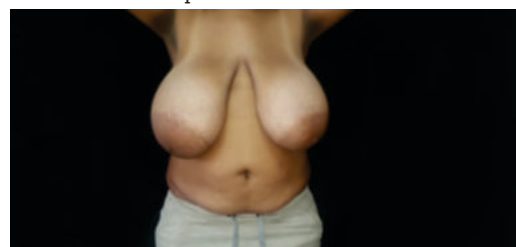


Figure 1



Figure 2



Figure 3

Image 1,2,3: Frontal, left lateral and 45-degree right view showing bilateral gigantomastia in an adolescent patient, with postural correction due to the weight of the mammary glands.

Specialty of plastic surgery concludes a diagnosis of Bilateral Juvenile Gigantomastia by deciding to perform bilateral breast reduction + mastopexy, managing to remove 1400 and 1480 grams of left and right breast tissue respectively.

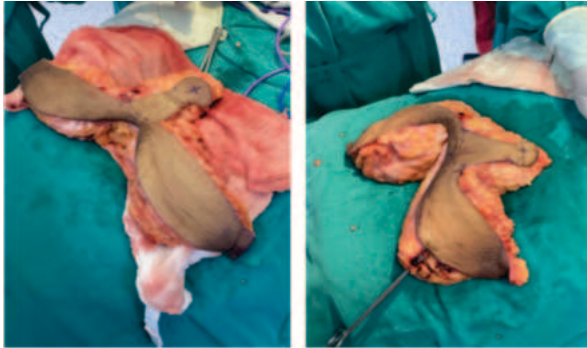


Figure 4.5: Breast resection product due to gigantomastia. Right and left breast respectively.

The patient was discharged 24 hours after surgery, and was kept in outpatient controls, presenting adequate evolution, without complications.

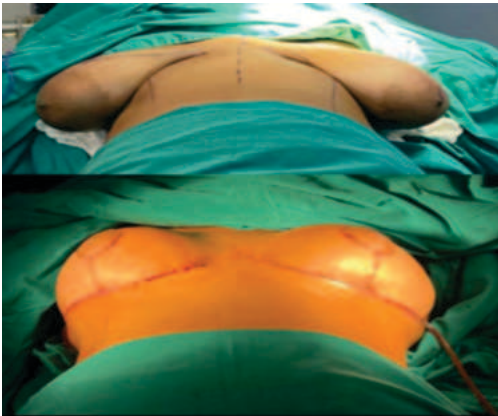


Image 6: Pre-surgical (upper image) and post-surgical (lower image) comparison.

Currently a patient after 14 months of surgical procedure without back pain that he suffered as a result of his gigantomastia, postural correction (adequate) was observed; She also reports feeling psychologically stable and also happy with the aesthetic result.



Image 7: Breast reduction result 15 days after surgery.

DISCUSSION

Gynecomastia is understood as the excessive growth of breast tissue in women and although it is not an excessively frequent problem, it can occur at different stages such as during pregnancy or during adolescence.

It can lead to problems that include pain in the cervical, dorsal, lumbar area causing postural problems and becoming disabling in some cases.

The goal of the treatment is the reduction of the size of the breasts (breast reduction), for which the surgical procedure to be performed is not unique; There are multiple techniques described and each one is better suited to certain types of patients.

In the present case, it was determined that

CONCLUSION

Currently, breast reduction surgery has become an effective, preventive, symptomatic treatment for women diagnosed with gigantomastia and without associated pathologies such as causing back pain, arm cushioning, cervicalgia, etc.; Thus, it is becoming more and more common to perform it.

In our case, we have an adolescent patient with symptoms associated with depressive symptoms due to her appearance and postural problem; which improved markedly in the post-surgical period when optimal results were seen and palpated. It is important for this type of surgery to have a team of specialized professionals, trained to perform a complete examination, plan, individualize the best surgical technique for each patient in order to calm their symptoms and obviously improve their self-esteem.

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