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Post-quadrantectomy reconstruction of the mammary central quadrant by cutaneous glandular-adipose flap based on the Würinger septum

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Introduction: Central quadrantectomy with nipple-areola complex (NAC) resection removes a cylinder of breast tissue deep down to the pectoral muscle. This operation is required to remove any central neoplasia less than two centimeters in diameter, or any Paget disease without mass or with a mass of less than two centimeters. We show our reconstruction approach using a cutaneous-glandular-adipose flap based on the Würinger septum, between the 4th and the 5th inter-costal space, where several perforating vessels do run.

Materials & Methods: This study comprises 35 patients with central breast tumor, who underwent a central quadrantectomy in the Breast Pathology and General Surgery Operative Unit of the Franchini Hospital in Santarcangelo di Romagna (AUSL Area Vasta Romagna), between April 2009 and September 2013. In 16 of these cases we also carried out a reductive mastoplasty based on a superior pedicle arranged symmetrically, while in the remaining 7 cases the contralateral breast was not surgically treated.

Results: Neither major complications such as hematomas or infections, nor total flap necrosis took place. We refer only 3-partial necrosis of the cranial fourth of the flap. In case of a symmetrizing mastoplasty we obtained a very good aesthetic result. In the remaining cases we observed a small asymmetry, absolutely well tolerated by the patients. All the patients were satisfied.

Conclusions: Central quadrantectomy and breast reconstruction using a sub-cutaneous pedicular flap present a valid therapeutic option for patients affected by central breast tumors, and helps to overcome the conflict between oncologic safety and cosmetic satisfaction. This subcutaneous pedicular flap presents a very good mobilization which does not constrain, in its cranial advancing, the breast morphology. Considering the simplicity of the procedure and to the low number of side effects, we consider this method as an optimal alternative to the direct closure after the removal of the central quadrant including the nipple areola complex (NAC).

Nutritional status of women of reproductive age in a selected char of Rangpur district

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An observational cross-sectional study was carried out at Rangpur district in Bangladesh to assess nutritional status of reproductive aged women residing in char area with a sample size 200. Face to face interview was carried out with the semi-structured questionnaire. Convenient sampling technique was used to collect data on the basis of inclusion and exclusion criteria and written consent was taken prior to interview. Nutritional status was determined according to BMI cut off value for Asian population. Descriptive as well as inferential statistics were used to present data. Mean±SD age of respondents was 34.27±8.60. More than half (67%) of the respondents were illiterate and housewife (84%). Mean±SD income of respondents was 5700.71±282.89 per month. Underweight, normal and overweight were 67%, 30% and 3% respectively. Most respondents took rice 2-3times/day. Vegetables and soybean were taken randomly. Lentil was taken daily. Arthritis, headache, skin disease was more common. Statistical significant association was found between nutritional status and age group ($p<0.05$), education ($p<0.05$), occupation ($p<0.05$) and monthly income ($p\leq 0.05$). Half of the respondents suffered from underweight and most of them income was very low. Income generating capacity should be increased as well effective nutrition education program must be instituted.

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