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Stress and patients having breast oncological surgery

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Breast cancer surgery is associated with high stress. The recognition of stress and management of its effects on patient recovery will be presented. 1- Focus our efforts on patient risk identification, 2- Patient education, 3- Optimization of patient cardiovascular function status, 4- Standardize of perioperative management of the patients (currently many types of anesthetics and techniques of post operative management are used), 5- Clinical data capture (perioperative complications, surveys to quantify symptom burden, functional recovery, develop and capture medical readiness for discharge, cancer recurrence and survival information). 6- cost of care measures. 7- embrace new improved techniques and technologies. Paravertebral block as an anesthetic technique will be introduced and its peri-operative effects will be introduced in stress reduction. Recognition and management of stress may lead to reduction of postoperative complications, minimize symptom burden, improve functional recovery, improve long term outcomes, and improve oncological outcomes.

Biography

Farzin Goravanchi is an Anesthesiologist, Medical Director and Section Chief at MD Anderson Cancer Center Outpatient Surgical Center. He worked on breast surgery pain management, multi disciplinary surgical pathways addressing stress as well as long term patient management.

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