

Background

Outcome studies of the value of reduction mammoplasty have become a topic of great interest in regards to Quality of Life. The purpose of this study was to determine the Quality of life related to macromastia. We compared body mass index with the amount of breast tissue removed and quality of life before and after breast reduction surgery.

Methods

A retrospective chart review was performed after obtaining IRB approval on forty-two consecutive patients at a single institution from (2001-2007). Demographic and clinical data were collected. Patients were mailed an ad-hoc questionnaire to complete and a followed by a telephone call. Descriptive Statistical analysis was conducted using SAS Software version 9.1.3 (SAS Institute Inc., Cary, NC, USA). Two-tailed paired t-test was used for bivariate analyses to determine if statistical differences were present between quality of life and pain symptoms related to macromastia such as (back, neck, and shoulder). Statistical significance was considered when the p-value <0.05

Results

The study included forty two patients who underwent elective breast reduction. A total of forty surveys were returned. (Table 1). There was a statistically significant improvement in quality of life and pain symptoms after having breast reduction surgery ($p<0.005$) using a two tailed paired t-test Table 2. We also noted statistical significant ($p<0.0001$) with direct correlation between BMI, total amount of breast tissue removed and Quality of Life Table 3. We did not identify statistical difference between total Breast tissue removed and Quality of life.

Conclusions

The study suggests that the positive outcome following breast reduction surgery decreases emotional concern and symptoms of pain related to macromastia. More importantly, it improves the patient's quality of life. Therefore, the need for prospective validation of our finding is important.