

# Frequency and Factors Associated with Meeting Requirements for Breast Reduction

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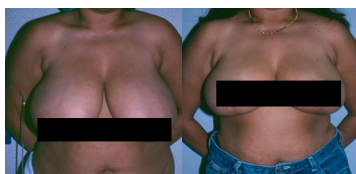
## Introduction<sup>1-3</sup>

### Macromastia

- Back and shoulder pain
- Shoulder grooving
- Intertrigo
- Poor body image

### Breast reduction associated with improvement in

- Quality in life
- Ability to do physical activity
- Mental health



Public Domain

However, macromastia is associated with elevated BMI and elevated BMI is associated with higher risk of poor surgical outcomes<sup>4</sup>

## Methods

Retrospective chart review of four Plastic Surgeon clinics in 2019

- Patients who were not candidates due to elevated BMI (>35)
  - plastic surgeon recommendations
  - if recommendations were followed, patients who successfully lost weight and returned to clinic
    - their weight loss methods
  - patients who successfully underwent breast reduction surgery

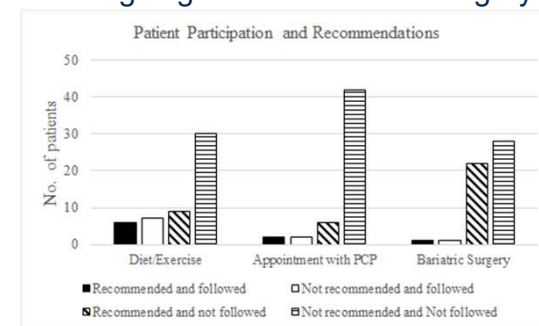
## Results

100 breast reduction initial consultations in 2019

- 52 patients were turned away due to elevated BMI
  - 7 of these (~13%) underwent breast reduction surgery

## Discussion

- The most common recommendation by the plastic surgeon was bariatric surgery.
- No recommendation or referral had a significant impact on successfully undergoing breast reduction surgery



Patients who eventually underwent breast reduction surgery had a lower initial BMI ( $p=0.03$ ), were more likely to see their PCP ( $p=0.006$ ) and used diet and exercise ( $p=0.005$ ).

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