

# Reduction mammoplasty linked to improved HRQoL in teens

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(HealthDay)—For adolescents with macromastia, reduction

mammoplasty is associated with significant improvements in health-related quality of life and breast-related symptoms, according to a study published online Oct. 6 in *Pediatrics*.

Laura C. Nuzzi, from Boston Children's Hospital, and colleagues administered the Short-Form 36v2 (SF-36), Rosenberg Self-Esteem Scale (RSES), Breast-Related Symptoms Questionnaire (BRSQ), and Eating Attitudes Test-26 to 102 adolescents with macromastia and 84 female controls (aged 12 to 21 years) in a longitudinal cohort study. Surveys were completed by patients with macromastia preoperatively and at six months and one, three, and five years after reduction mammoplasty; controls completed surveys at the same intervals.

The researchers found that significant score improvements were demonstrated postoperatively from baseline on the RSES and on the BRSQ, and in seven of eight SF-36 domains (physical functioning, role-physical, bodily pain, vitality, social functioning, role-emotional, mental health) for patients with macromastia. Postoperative subjects scored similarly to or more favorably than controls on the RSES, BRSQ, Eating Attitudes Test-26, and SF-36 by the six-month follow-up visit; these benefits persisted for five years or more, with no significant impact by [body mass index](#) (BMI) category or age.

"Patients and providers should be aware of the potential positive impact that reduction mammoplasty can provide adolescents with symptomatic macromastia," the authors write. "Historic concerns regarding age and BMI category at the time of surgery should be reconsidered."

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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