

Laser improves QOL for breast telangiectasia due to radiation

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(HealthDay)—Laser monotherapy improves health-related quality of life

(HR-QOL) in female patients with radiation-induced breast telangiectasias (RIBT), according to a study published online Dec. 20 in *Lasers in Surgery and Medicine*.

Anthony M. Rossi, M.D., from the Memorial Sloan Kettering Cancer Center in New York City, and colleagues conducted a prospective study at their institution involving [breast cancer patients](#) with chronic radiation dermatitis. Twenty-two [female patients](#) with RIBT completed HR-QOL questionnaires before and after laser monotherapy.

The researchers found that 13 of the patients exhibited telangiectasias across the décolletage and axilla as well as the breast. During the study period, 16 patients reached the 50 percent RIBT clearance threshold and 11 of these patients (69 percent) completed HR-QOL questionnaires at follow-up. Statistically significant improvements were seen in emotional and functional Skindex-16 HR-QOL domains and in overall Skindex-16 HR-QOL score. There was also significant improvement in Breast-Q Adverse Effects of Radiation scores, showing a decrease in specific physical and cosmetic concerns that affect radiated breast skin. Transient post-treatment pain and redness were common adverse events.

"Breast cancer patients with RIBT presented with substantial deficits in several HR-QOL arenas," the authors write. "Laser monotherapy effectively treated the appearance of radiation dermatitis in these [patients](#) and also significantly improved HR-QOL."

More information: [Abstract](#)
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