

Risk Reducing Mastectomy

Criteria Based Access

All Patients

Before consideration of referral for management in secondary care, please review advice on the Remedy website (<https://remedy.bnssg.icb.nhs.uk>) or consider use of advice and guidance services where available.

The ICB commissions Risk Reducing Mastectomy as laid out in NICE Clinical Guideline 164 and future versions of this guideline.

Note:

Any other requests outside of these guidelines must go through the exceptional funding panel.

For more information, please see <https://remedy.bnssg.icb.nhs.uk/>

BRAN

For any health-related decision, it is important to consider “**BRAN**” which stands for:

- **B**enefits
- **R**isks
- **A**lternatives
- **D**o **N**othing

Benefits

- Risk reducing mastectomy can **reduce the chances of developing breast cancer in women** at high risk of the disease

Risks

- Bleeding.
- Infection.
- Pain.
- Anxiety or disappointment about changes to your appearance.
- Complications arising from breast reconstruction.

- The need for multiple operations.

Alternatives

- For women at high risk of breast cancer for any reason, routine screening starting at a young age can be an alternative to prophylactic mastectomy. Options include **clinical breast exams, mammograms, ultrasounds, and MRIs**.

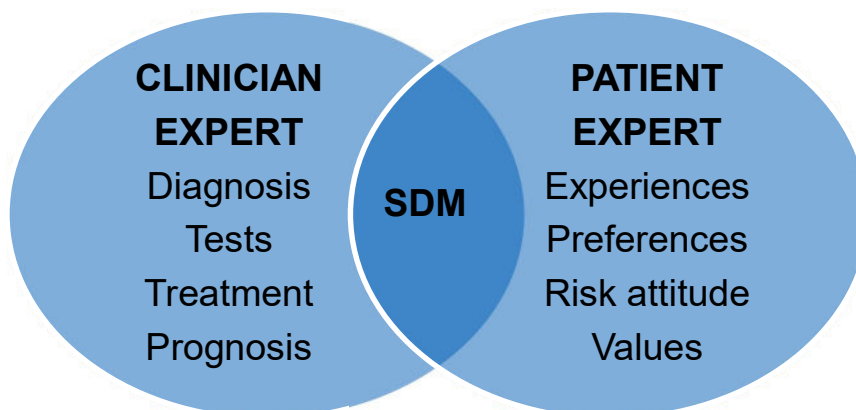
Do Nothing

Remember, you always have the option to do nothing. Doing nothing is an equally reasonable option to doing something. Sometimes “not yet” is a good enough answer until you gather more information.

Shared Decision Making

If a person fulfils the criteria for Prophylactic Mastectomy treatment, it is important to have a partnership approach between the person and the clinician.

Shared Decision Making (SDM) is the meeting of minds of two types of experts:



It puts people at the centre of decisions about their own treatment and care and respects what is unique about them. It means that people receiving care and clinicians delivering care can understand what is important to the other person.

The person and their clinician may find it helpful to use ‘Ask 3 Questions’:

1. What are my options? (see sections above)
2. What are the pros and cons of each option for **me**?
3. How do I get support to help me make a decision that is right for **me**?

Risk Reducing Mastectomy – Plain Language Summary

A Mastectomy is an operation to remove the breast. It is used to treat Breast Cancer in both men and women. It can also be used to reduce the risk of cancer developing in the breast. A risk reducing mastectomy is also known as a Prophylactic Mastectomy. These are carried out on healthy breasts to reduce the risk of Breast Cancer developing.

This procedure may be considered if a patient has a very high risk of developing breast cancer. This may be due to having a high family history of Breast Cancer. Genetic testing is offered to patients who are identified as having an increased likelihood of having one of these altered genes. Having an altered gene does not mean a patient develop Breast Cancer. If found, then a person is at a higher risk of developing Breast Cancer.

Prophylactic Mastectomies can reduce the risk of Breast Cancer by up to 90% in those who are high risk. In some cases, a lumpectomy – removing a lump from the breast – is all that may be required rather than removing the whole breast.

This policy has been developed with the aid of the following:

1. National Health Service (2021) Health A to Z: Mastectomy [online] www.nhs.uk/conditions
2. National Health Service (2019) Health A to Z: Prevention-Breast cancer in women [online] www.nhs.uk/conditions
3. NICE (2019) Familial breast cancer: classification, care and managing breast cancer and related risks in people with a family history of breast cancer. (CG164) www.nice.org.uk
4. Breast Cancer Now Org (2021) Breast Cancer Advice and Support [online] www.breastcancer.org

Other Reading for your Information

1. British Psychological Society (2020) Guidelines for the role of practitioner psychologists in the assessment and support of women considering risk-reducing breast surgery [online] www.bps.org.uk

Connected Policies

Breast reconstruction post cancer

Due regard

In carrying out their functions, the Bristol North Somerset and South Gloucestershire Clinical Policy Review Group (CPRG) are committed to having due regard to the Public Sector Equality Duty (PSED), and NHSE Evidence-Based Interventions (EBI). This applies to all the activities for which the CCGs are responsible, including policy development and review.

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OPCS Procedure codes

Must have any of (primary only):

Support

If you would like further copies of this policy or need it in another format, such as Braille or another language, please contact the Customer Services Team on: **0117 900 2655** or **0800 073 0907** or email them on BNSSG.customerservice@nhs.net.