

# Systemic treatment and surgery versus systemic treatment alone for metastatic breast cancer

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**QUESTION: What is the impact of systemic therapy with surgery in the treatment of patients with metastatic breast cancer on overall mortality outcomes (death from any cause) and quality of life, compared to systemic therapy alone?**

**Answer:** There In women with metastatic breast cancer, breast surgery (mastectomy: removing the whole breast, including the nipple and areola, or Lumpectomy: removing the tumor and breast tissue around it, preserving the nipple and the areola) combined with medical treatment (such as chemotherapy and hormone therapy) compared with medical treatment alone:

- Does not improve the overall survival. The quality of the evidence is very low.
- Does not improve local progression-free survival. The quality of the evidence is very low.
- Abbreviates distant progression-free survival. Moderate quality of evidence.
- Does not improve or alter the quality of life. The quality of the evidence is very low.

## REFERENCES

1. Almeida, G.R.; Silvinato, A.; Bernardo, W.M. Systemic Treatment and Surgery versus Systemic Treatment Alone for Metastatic Breast Cancer. *Rev Assoc Med Bras* 2020; 66(6): 710-719.

