

## Post Treatment Monitoring of Localized Breast Cancer in Tunisia

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PAJO 2016, 9(4):6 - 10

### Abstract

**Background:** Therapeutic advances in breast cancer resulted in an increase in survival, which had resulted in a dilemma in how to manage these patients after cancer treatment. The aim of our study was to report post therapeutic monitoring features of breast cancer in Tunisia in comparison with international guidelines and particularities of post treatment toxicity management.

**Methods:** We conducted a retrospective study including 50 breast cancer survivors in the department of medical oncology in The Military Hospital of Tunis between January 2012 and December 2013.

**Results:** All patients were clinically monitored by specialists every 3 months the first two years and 6 months the 3 following years. Mammography and ultrasound were done every year. Chest X-ray, abdominal ultrasound and CA 15-3 were systematically done every 6 months. Local recurrence occurred in 1 patient (2%) and metastatic recurrence in 12 patients (24%). Breast reconstruction was made in 5/37 mastectomy. Fatigue grade I-II was treated by cognitive behavioral therapy and correction of anemia in 40/47 patients. Peripheral neuropathy was treated in 10/10 cases. Weight monitoring was performed in 80% of patients and lifestyle dietary advice was provided in 70% of cases. Sexuality problems were considered using psychotherapy in 21/30 patients receiving hormonal therapy. Psychological disorders were treated by psychotherapy in 26/32 patients. Cognitive disorders were not treated. One third of women with menopausal symptoms were treated.

**Conclusion:** High priority should be given to improve quality of monitoring and late treatment toxicity management of breast cancer survivors in Tunisia.