

Breast cancer with bone metastasis in south of Tunisia: retrospective review of 225 cases

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PAJO, September 2012, 5(2): 6-10

The aim of our study was to expose clinical characteristics, prognostic factors and outcome of breast cancer bone metastasis. We conducted a retrospective study concerning 332 cases of metastatic breast cancer treated between January 2000 and December 2007. We reviewed patients' clinical records, therapeutic modalities and survival duration.

In our series, bone metastases were the most common metastatic site (67, 7%); they were isolated (with no visceral metastases) in 54% of cases. Spine, ribs and pelvis were more frequently involved with respectively 66%, 31% and 30% of cases. Bony pain was the most frequent symptom (63% of cases), followed by spinal cord compression and pathologic fractures. All patients received systemic anticancer treatment (chemotherapy and or hormone therapy) associated to Bisphosphonates in 41% of cases. Surgery was performed in 8 patients and 78 patients received radiotherapy (52%). Patients with only bone metastases had 23% five-year survival while it was 4% in those with other visceral metastases. Bone metastatic disease in less than 3 sites and loco regional treatment including surgery and/or radiotherapy were associated to a significant better survival rate. Clinical characteristics of breast cancer bone metastasis were not particular in our patients. Survival rate was similar to those of other series in literature. Isolated bone metastasis, reduced number of involved sites and loco regional treatment were significant predictive factors of better survival.