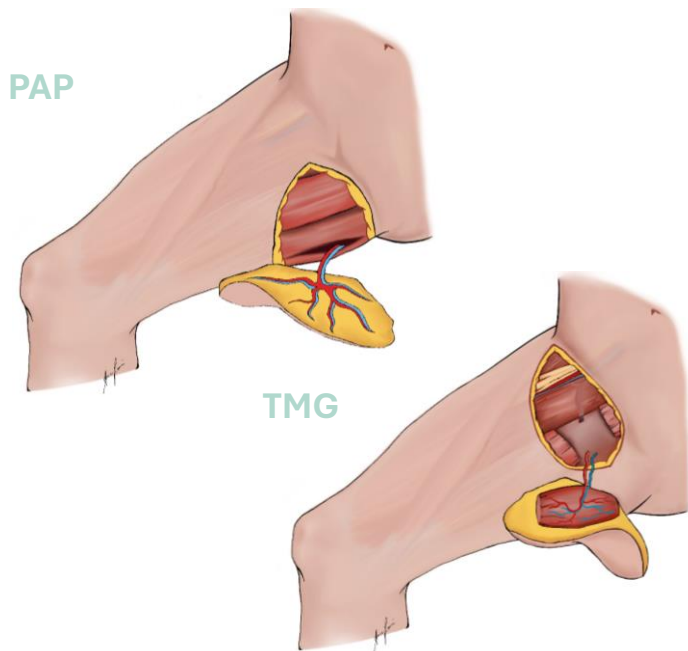


Quality of Life after Transverse Upper Gracilis versus Profunda Artery Perforator Flaps for Breast Reconstruction: A Systematic Review and Metaanalysis

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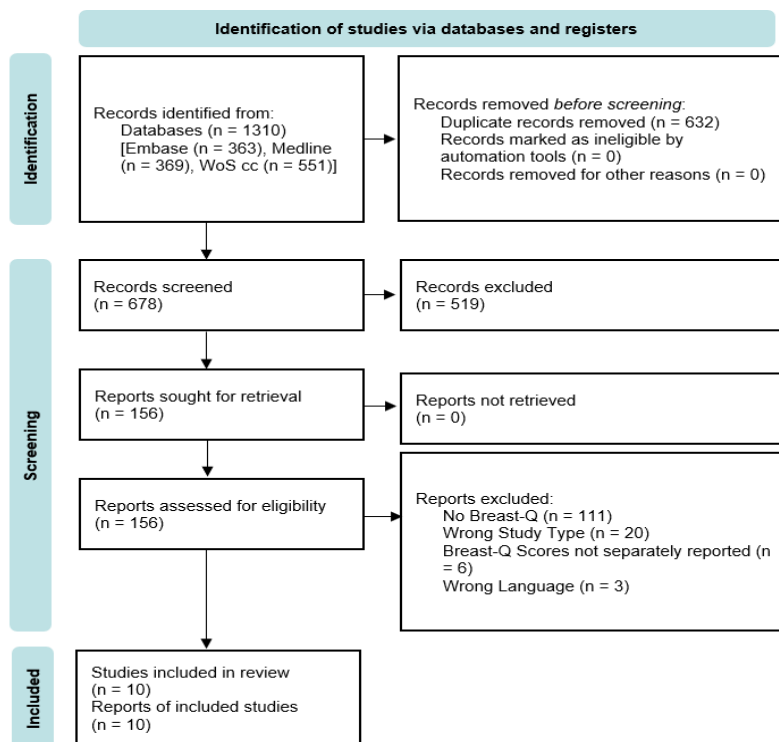
Background:

- Profunda Artery Perforator (PAP) and Transverse Musculocutaneous Gracilis (TMG) flap are well-established procedures in autologous breast reconstruction
- Advantages and disadvantages for both techniques have been suggested
- Impact on quality of life remains unclear



Methods:

- Systematic review on Embase, Medline, and Web of Science Core Collection
- Meta-analysis to compare BREAST-Q scores
- Random-effects model to estimate pooled effects



Results:

- Out of 1310 studies, 678 abstracts were screened, only 10 could be included due to lack of studies reporting the Breast-Q
- **High patient satisfaction following inner thigh-based autologous microsurgical breast reconstruction**
- Lack of studies directly comparing both techniques

Conclusion:

- Both techniques can be considered equivalent in terms of quality of life
- Study aids shared decision making
- Patient-reported outcomes should be routinely reported as part of any surgical outcome study

Breast-Q Scale	Mean Breast-Q Score [95% CI] PAP	Mean Breast-Q Score [95% CI] TMG
physical well-being	81.27 [7.84 - 87.71]	82.66 [79.84 - 85.49]
sexual well-being	57.23 [47.98 - 66.49]	60.02 [56.51 - 63.52]
satisfaction with breasts	68.41 [62.49 - 74.33]	72.11 [63.26 - 80.97]
psychosocial well-being	70.04 [64.00 - 76.08]	77.03 [73.03 - 81.03]

Limitations:

- Lack of studies directly comparing both techniques
- Limited number of studies meeting inclusion criteria
- No Breast-Q module to measure donor site morbidity