

General Commissioning Policy

Treatment	Breast Reduction Surgery
For the treatment	Macromastia / Mammary Hyperplasia
Background	This commissioning policy is needed to clarify the criteria for commissioning breast reduction surgery, which in many cases is desired on cosmetic rather than clinical grounds. All requests for cosmetic/aesthetic surgery must be considered via the Individual Funding Request (IFR) process, as such treatments are not routinely commissioned by the NHS.
Commissioning position	<p>1. Breast reduction surgery is routinely commissioned when required as part of the treatment for breast cancer.</p> <p>2. Removal (but not replacement) of NHS fitted breast implants will be routinely commissioned where there has been implant leakage which has resulted in - or where there is significant risk of developing – adverse clinical symptoms.</p> <p>3. NHS Hull CCG may consider breast reduction surgery only in exceptional cases and where the patient is over 18 years of age. Where there are clear clinical symptoms attributable to large breast size such as:</p> <ul style="list-style-type: none"> • Significant problems with daily activities (e.g. ambulatory problems), supported by documentary clinical evidence; <p>OR</p> <ul style="list-style-type: none"> • A chronic and persistent skin condition under the breasts that is refractory to at least 6 months of medical treatment (In addition to good hygiene practices, treatment should include antifungals, corticosteroids and / or antibiotics); <p>OR</p> <ul style="list-style-type: none"> • Musculoskeletal pain (i.e. neck or back ache or any exacerbation of previous or congenital musculoskeletal injury or defect) that is refractory to usual evidenced treatment; which is severe and symptoms (pain, aching, discomfort, swelling, heaviness) are interfering with activities of daily living <p>Where the GP is satisfied that:</p> <p>a) There are clear clinical indications that the presenting symptoms are attributable to breast size</p> <p>AND</p>

Notes

1. This Policy will be reviewed in the light of new evidence, or guidance from NICE.
2. General Commissioning Policies are agreed by the Planning and Commissioning Committee on behalf of NHS Hull CCG.

	<p>b) The bra cup size is greater than or equal to DD, a request must be submitted to NHS Hull CCG to be considered via the Individual Funding Request (IFR) process</p> <p>Where the request is deemed to meet the above criteria, the GP will be asked to refer the patient to 'Body Aspect' in Nottingham (see Ref 1) for a 3D total body scan, comprising a number of objective measurements:</p> <p>(i) Breast : chest ratio - If the ratio of combined breast volume to adjusted partial torso volume is equal to or greater than 13% then the criteria has been met. (NB. The partial torso volume is adjusted to take into account torso length, so that taller patients are not disadvantaged.)</p> <p>(ii) Breast Volume - The size of breasts are compared to those of other women of a similar height and age. If the breast size is in the top 5% of women of a similar height and age then the criteria has been met. (Currently this corresponds to a combined breast volume of over 2000cc.)</p> <p>(iii) BMI - To be suitable for this type of surgery 'adjusted* BMI' (*adjusted to take account of breast weight) should be 30 or less. A limit of 30 has been set because of the risks involved in having a general anaesthetic increases with the level of BMI.</p> <p>Breast reduction surgery will then only be commissioned for those women where the result of the scan generates a positive assessment.</p>
Effective from	January 2015
Summary of evidence / rationale	<p>Weight loss may reduce breast size. There is published evidence (See Ref 2). showing that most women seeking breast reduction are not wearing a bra of the correct size and that a well fitted bra can sometimes alleviate the symptoms that are troubling the patient. Cognitive behavioural therapy can be effective in body image problems.</p> <p>The upper limit of normal BMI is 25 Kg/m² (See Ref 3) Patients seeking breast reduction have physical restrictions on their ability to exercise and additional weight in their excess breast tissue (sometimes 3-4 Kg). Major complications for surgery in general and specifically related to breast reduction surgery have been shown to be greater if the BMI exceeds 30.</p> <p>The use of the 3D scanner and the NHS Breast Assessment Service from Body Aspect means that each patient is assessed against the same criteria, thus they are treated more fairly and</p>

	and objectively, and resources can be targeted towards patients most in need. The information made available from the scan can also assist in the planning of surgical procedures (See ref 3).
January 2015	January 2015
January 2017	January 2017
Contact for this policy	Julia Mizon, Director of Commissioning and Partnerships, NHS Hull Clinical Commissioning Group. Julia.Mizon@nhs.net

References:

1. NHS Breast Assessment at Body Aspect <http://www.bodyaspect.co.uk/nhs-breast-assessment/>
2. British Journal of Plastic Surgery (2003) An investigation of the suitability of bra fit in women referred for reduction mammoplasty <http://www.ncbi.nlm.nih.gov/pubmed/12859918>
3. "How much should I weigh?" - Quetelet's equation, upper weight limits, and BMI prime (2006) <http://www.ncbi.nlm.nih.gov/pubmed/16768059>

Resource:

The Mapperley Park Clinic, 395 Mansfield Road, Nottingham, NG5 2DL. Tel: 0115 969 2323 / Fax: 0115 969 3113 / Email: info@bodyaspect.co.uk