



Prophylactic Mastectomy as a Preventive Strategy for High-Risk Breast Cancer Populations in Pakistan



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Prophylactic mastectomy is a successful preventative strategy for women with a high hereditary risk of breast cancer, particularly those with the BRCA1 and BRCA2 mutation(1). However, in Pakistan, knowledge and implementation of this preventative technique are low. The majority of high-risk women in Pakistan are either ignorant of prophylactic mastectomy or face severe impediments to genetic testing and preventative therapy.

Cultural stigmas and a lack of comprehensive genetic counseling both contribute to the underutilization of preventive mastectomy (2). To address these challenges, it is critical to raise awareness through focused public health initiatives and enhance access to genetic testing and counseling. Healthcare practitioners must be prepared to communicate the advantages and hazards of preventive mastectomy with high-risk patients so that educated decisions may be made.

I advocate for a greater emphasis on education and services for high-risk populations, including the creation of specialist clinics and support groups that may give critical information and assistance to women seeking preventive mastectomy. Urgent attention is required for several factors to effectively implement telemedicine services, including establishing robust telemedicine infrastructure, ensuring reliable internet connectivity, and providing education to healthcare professionals on telemedicine procedures. The government must endorse and invest in telemedicine for its successful implementation.

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