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# Triple-negative breast cancer: A history of evolution in treatment and prognosis and women's quality of life

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**Objective:** This study aimed to show the progress in the treatment of triple-negative breast cancer and the impact on the prognosis and quality of life of women. **Methodology:** A systematic literature review was carried out from the PubMed database, with the descriptors “Breast cancer triple-negative,” “Treatment,” and “Quality of life” with the Boolean operator “AND,” and the filters: “full text,” with a publication date of 2012, 2013, 2022, and 2023, only in women, in the English language. A total of 29 articles were found. **Results:** In 2012–2013, the treatment for triple-negative cancer was based on the combination of monoclonal antibodies (bevacizumab) with chemotherapy (eribulin), both for tumors in early stages and for metastases, or a radical mastectomy. Both treatments were extremely aggressive for women, with direct consequences on their physical and mental health, as these treatments meant the loss of an organ that symbolizes femininity and the patient's self-perception as a woman, in addition to excessive hair loss, dryness mucous membranes and skin, changes in appetite, and severe asthenia. In the years 2022–2023, in addition to the therapeutic strategies used 10 years earlier, there was the discovery and advancement in immunotherapy (pembrolizumab), a treatment aimed at activating the immune system against installed cancer. However, the current treatment is about 20 times more expensive than the old one. **Conclusion:** It was evident that there were small changes in the treatment of triple-negative breast cancer, as there was only the discovery and implementation of immunotherapy, but this small advance allowed a great improvement in the quality of life of patients during treatment. However, this advance is, currently, for a small group of patients, as the world reality is that most patients are unable to pay for immunotherapy and continue with the outdated and archaic therapeutic plan of 10 years ago, continuing with the same complications and heavy consequences on their physical and mental health.

**Keywords:** breast cancer; treatment; quality of life.