Medical Breast Training Program

Session One: Breast Cancer Screening

Course Description: During Session One, you will be introduced to the basics of the Medical Breast practice, and how breast self-awareness, the clinical breast examination and risk-appropriate screening serve as a foundation for early detection and mortality reduction. You will appreciate the need for supplemental imaging in women with dense tissue and understand the available options, their potential benefits, harms and limitations. A particular focus will be on breast density, not only as it affects the sensitivity of screening mammography, but as it relates to breast cancer risk. Attention will also be given to the disparities in screening that exist, and potential barriers that we can work to overcome.

Learning Objectives:

- Review the clinical importance of average and high-risk screening, recognizing the challenges resulting in disparities.
- Recognize the increasing data on breast density, its impact on breast cancer risk and options for supplemental screening.
- Understand the "debate" around screening mammography in the 40-49-year-old age group, the components necessary for truly informed shared decision making, changing guidelines surrounding clinical breast examination and recommendations for self-breast awareness.

30 Minutes	Introduction to Breast Health *Sandhya Pruthi, M.D.*
	Objectives: • Provide national and international statistics on breast cancer rates and survival, including racial/ethnic differences. • Describe the scope of the medical breast practice: diagnostics, personalized risk assessment and risk management and diagnosis/long term care of the breast cancer patient. Impart to participants the critical nature of proper assessment, documentation and follow up. • Relate the evolution of the medical breast practice, the importance of standardized practice through NCCN committees and guidelines, focused CME activities and forums like this, shared templates and ongoing support and education.
30 Minutes	Screening Guidelines – Average Risk *Melinda Wu, M.D.*
	Objectives: • Summarize the screening guidelines of various different organizations, highlighting the differences. Why the "debate" over screening mammography in women age 40-49? • Review the data on mortality reduction, sensitivity and specificity of screening mammography and the importance of including these statistics as well as incorporation of traditional risk factors and breast density in shared decision-making with patients. • Briefly discuss the importance of breast density, both as an independent risk factor for breast cancer, and in decreasing sensitivity, briefly describing modes of supplemental imaging for the average risk woman (both density and

	supplemental screening will be further developed later this section but should be mentioned here).
30 Minutes	Screening Guidelines – High Risk *Holly Pederson, M.D.*
	Objectives: • Delineate identification of the "high-risk" patient, focusing on families with hereditary cancer syndromes, estimated risk using risk modeling and personalization/substratification of risk using genomic technology. • Briefly review guidelines for high-risk screening in North America, particularly eligibility for contrast-enhanced breast Magnetic Resonance Imaging (MRI) – ACS, NCCN, ACR, including recommendations for breast cancer survivors. • Discuss management of screening challenges – the intermediate risk patient, patients with Atypical Hyperplasia/LCIS and those with a history of mammographically occult cancers.
30 Minutes	Disparities in Screening *Elizabeth (Liz) M. Valencia, M.D., J.D.*
	Objectives: • Reinforce the importance of early (by age 25-30) risk assessment and identification of high-risk individuals such that early detection and risk management are possible, particularly in Black women and those of Ashkenazi descent. • Describe barriers to screening, from lack of education amongst providers in identification of high-risk individuals and genetic referral patterns, costs and how social determinants of health affect screening decisions. • Report on screening in average and high-risk women by race, focusing on potential areas for improvement, including access to and referral for supplemental screening modalities in minority populations.
30 Minutes	Breast Density *Supriya Kulkarni, M.D., DMRD, DNB, ABR*
	Objectives: • Educate about breast density – what it means, how it is assessed, its implications as an independent risk factor and how it affects the sensitivity of screening mammography. Should a woman know her density in deciding about her screening strategy? • Report on trends in the US and Canada in the use of supplemental screening, including data about patient and provider knowledge and attitudes about such screening, if possible. • Describe breast texture analysis and radiomics and how this may add to breast cancer risk assessment.
30 Minutes	Clinical Breast Examination and Self Breast Awareness *Melinda Wu, M.D.*
	Objectives: • Illustrate a comprehensive self-breast exam (SBE) and clinical breast exam (CBE), acknowledging recommendations of current guidelines.

	• Describe the components of a "clinical encounter" including the exam but also ongoing risk assessment and management and the importance of updating family history annually. • Explain why guidelines have departed from recommending SBE and CBE. Is there data?
30 Minutes	Supplemental Breast Imaging *Bhavika Patel, M.D.*
	Objectives: • Summarize the recognizing the need for supplemental imaging including false negatives, the importance of breast density and legal implications. • Describe and compare the different anatomic and functional modalities for supplemental imaging including DBT, whole breast ultrasound (WBUS), contrast-enhanced mammography (CEM), molecular breast imaging MRI (including eligibility criteria) and FAST or abbreviated MRI (AB-MRI), including trials examining the potential for use of AB-MRI in screening average risk women with dense tissue. • Review the impact digital breast tomosynthesis (DBT) has had on sensitivity and specificity of screening mammography in average risk women.
Livestream April 23, 2022 9:00 a.m. – 12:00 p.m. CT	Screening & Diagnostic Cases Discussions (5) ***Holly Pederson, M.D.,*** *Sandhya Pruthi, M.D., Laura Dean, M.D, Brooke Hofbauer, M.D., Mary M. Mrdutt, M.D., Heidi A. Apsey, NP-C*