

Medical Breast Training Program

Session Two: Breast Diagnostic Evaluation

Course Description: The basic complaints the Medical Breast Specialist will encounter will be thoroughly addressed in section two, from evaluation of the breast mass, approaching nipple discharge and management of mastodynia to male breast issues and breast care in transgender patients. The focus will be on the appropriate diagnostic workup of basic breast issues, understanding the clinical evaluation and radiologic assessment of findings and need for various types of biopsies. Attention will be given to guideline-driven management and interpretation of core biopsy reports with appropriate follow up plans, including surgical referral when indicated.

Learning Objectives:

- Discuss the work up of common breast complaints including breast/axillary mass, breast pain, nipple discharge/scaling or erosion/inversion, skin changes, and changes in the shape of the breast or local deformities including mastery of the clinical breast exam.
- Review evaluation of male breast complaints with a focus on causes, diagnostic approach and treatment options for men with gynecomastia.
- Determine which type of biopsy is appropriate for which findings (stereotactic, ultrasound-guided, MRI-guided, skin punch or surgical) and which core biopsy findings should prompt surgical referral.

30 Minutes

Evaluation of a Breast Mass
Christine L. Klassen, M.D.

Objectives:

- Describe the clinical determinants of a “breast mass”. Is there dimpling over the mass or is the breast misshapen? Dispel the myths – typically, a mass does not become “fixed” until later in the disease process; tender masses are not always benign; clinically one cannot determine a cystic from a solid mass; young women get breast cancer too – do not dismiss them, and finally, if the imaging is negative, still consider surgical referral.
- Review the life cycle of the breast and masses – specifically, typical ages to form fibroadenomas, cysts and breast cancers.
- Educate about breast masses during pregnancy and lactation; growth and subsequent regression of fibroadenomas, galactocele, lactational adenomas, abscesses and pregnancy associated breast cancer.

30 Minutes

Evaluation of Nipple Discharge and Other Nipple Abnormalities
Holly Pederson, M.D.

Objectives:

- Describe the scope of the problem, the difference between pathologic and physiologic nipple discharge, and the most common causes for pathologic discharge.
- Provide a practical approach to work-up and management, including indications for surgical referral.
- Delineate the clinical utility for different tests – glandular blood tests for thyroid and prolactin are ordered in patients with galactorrhea; nipple smear cytology is rarely helpful; how are MRI and ductography used?
- Outline evaluation of the abnormal nipple – excoriation or redness, retraction, flattening, and distinguishing nipple flaking from areolar flaking.

30 Minutes	Evaluation and Management of Breast Pain <i>Lauren F. Cornell, M.D.</i>
	Objectives: <ul style="list-style-type: none"> Review the scope of the issue, and the importance of distinguishing focal from diffuse pain and distinguishing concern about breast cancer from pain for which intervention is desired. Describe the paucity of the literature in this area and describe possible strategies for management, recognizing the lack of evidence-based recommendations. Outline medical management, from FDA approved medication to tamoxifen, to over-the-counter supplements to supportive bras and caffeine cessation.
30 Minutes	Evaluation of the Red Breast <i>Brooke Hofbauer, M.D., CCFP</i>
	Objectives: <ul style="list-style-type: none"> Assess course of onset, associated pain, and presence of other features such as fever, itching, peau d'orange, and a palpable mass (in separating infection from dermatitis to the rare presentation of inflammatory breast cancer). Describe uncommon causes that one will encounter – dependent edema from decompensated congestive heart failure, morphea, and psoriasis. Outline the appropriate work up, management and the importance of follow up.
30 Minutes	Evaluation of Gynecomastia <i>Lauren F. Cornell, M.D.</i>
	Objectives: <ul style="list-style-type: none"> Describe clinical and mammographic findings, and common demographic. Provide a practical approach to evaluation including laboratory studies and review of contributory medications. Outline options for treatment from switching medications, to prescribing medication, to cosmetic surgery.
30 Minutes	Diagnostic Procedures <i>Asha A. Bhatt, M.D.</i>
	Objectives: <ul style="list-style-type: none"> Explain the difference between screening and diagnostic imaging, including when and how to order diagnostic imaging. Educate about the added utility of tangential views, magnification views, diagnostic tomosynthesis, focused breast ultrasound, ductography and MRI in assessing clinical and mammographically detected abnormalities. (Images and tomo videos are always great.) Reinforce workup of pathologic nipple discharge (which has been covered once)
30 Minutes	Image-Guided Breast Biopsies <i>Laura Dean, M.D.</i>

	<p>Objectives:</p> <ul style="list-style-type: none"> • Explain indications for stereotactic biopsies, ultrasound-guided core biopsies, MRI-guided biopsies, recommendation for surgical punch biopsies or surgical excisional or incisional biopsies. • Describe how the different biopsies are performed including needle size and number of passes. • Categorize which benign histologies identified on core biopsy should be evaluated by a breast surgeon in consideration of excision? How should one follow unexcised ALH or LCIS?
30 Minutes	<p>Breast Care in Transgender Patients <i>Juliana (Jewel) M. Kling, M.D., M.P.H.</i></p>
	<p>Objectives:</p> <ul style="list-style-type: none"> • Review and differentiate between important terminology • Discuss health concerns, misconceptions and disparities and their impact on transgender people • Detail recommendations for breast cancer screening in transgender people including limitations affecting these recommendations • Describe humanistic strategies to create a welcoming and inclusive environment
<p>Livestream April 23, 2022 9:00 a.m. – 12:00 p.m. CT</p>	<p>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</p>