

Medical Breast Training Program

Session One: Breast Cancer Screening	
<p>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.</p>	
<p>Learning Objectives:</p> <ul style="list-style-type: none"> • 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 <i>Sandhya Pruthi, M.D.</i>
30 Minutes	Screening Guidelines – Average Risk <i>Melinda Wu, M.D.</i>
30 Minutes	Screening Guidelines – High Risk <i>Holly Pederson, M.D.</i>
30 Minutes	Disparities in Screening <i>Elizabeth (Liz) M. Valencia, M.D., J.D.</i>
30 Minutes	Breast Density <i>Supriya Kulkarni, M.D., DMRD, DNB, ABR</i>
30 Minutes	Clinical Breast Examination and Self Breast Awareness <i>Melinda Wu, M.D.</i>
30 Minutes	Supplemental Breast Imaging <i>Bhavika Patel, M.D.</i>
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

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Session Two: Breast Diagnostic Evaluation	
<p>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.</p>	
<p>Learning Objectives:</p> <ul style="list-style-type: none"> • 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 <i>Christine L. Klassen, M.D.</i>
30 Minutes	Evaluation of Nipple Discharge and Other Nipple Abnormalities <i>Holly Pederson, M.D.</i>
30 Minutes	Evaluation and Management of Breast Pain <i>Lauren F. Cornell, M.D.</i>
30 Minutes	Evaluation of the Red Breast <i>Brooke Hofbauer, M.D., CCFP</i>
30 Minutes	Evaluation of Gynecomastia <i>Lauren F. Cornell, M.D.</i>
30 Minutes	Diagnostic Procedures <i>Asha A. Bhatt, M.D.</i>
30 Minutes	Image-Guided Breast Biopsies <i>Laura Dean, M.D.</i>
30 Minutes	Breast Care in Transgender Patients <i>Juliana (Jewel) M. Kling, M.D., M.P.H.</i>
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Session Three: Breast Cancer Risk Assessments and Genetics	
<p>Course Description: This part of the course will focus on risk assessment, including the basics of hereditary cancer, identifying those with inherited syndromes, and estimating risk in those with family history who do not carry pathogenic variants (or mutations) in highly penetrant or moderately penetrant genes. The polygenic risk score and its potential applications will be introduced. Management guidelines will be reviewed for the identified syndromes depending on risk, supplemented by illustrative and challenging case discussions.</p>	
<p>Learning Objectives:</p> <ul style="list-style-type: none"> • Develop a consistent and comprehensive approach to identification of those at hereditary cancer with knowledge of NCCN guidelines, American Society of Breast Surgeons' guidelines and those of USPSTF. • Perform risk modeling in those without hereditary predisposition and understand the strengths and limitations of the various risk models (Gail – BCRAT, Tyrer-Cuzick, and BOADICEA/CanRisk) • Appreciate the role that single nucleotide polymorphisms (SNPs) and the polygenic risk score (PRS) may play in breast cancer risk assessment, sub-stratification of gene carriers, estimation of contralateral risk in the newly diagnosed and identification of lower risk individuals. 	
30 Minutes	Breast Cancer Risk Factors – Non-modifiable <i>Dawn M. Mussallem, D.O.</i>
30 Minutes	Risk Estimation Tools <i>Ruth Heisey, M.D.</i>
30 Minutes	Genetics 101 – Assessment <i>Holly Pederson, M.D.</i>
30 Minutes	Hereditary Breast, Ovarian and Pancreatic Cancer <i>Allison W. Kurian, M.D., M.Sc.</i>
30 Minutes	Single Nucleotide Polymorphisms and Polygenic Risk <i>Holly Pederson, M.D.</i>
30 Minutes	Guidelines and Position Statements: Genetics, Counseling and More! <i>Juliana (Jewel) M. Kling, M.D., M.P.H.</i>
Livestream June 4, 2022 9:00 a.m. – 12:00 p.m. CT	Risk Assessment, Genetics, Management of High-Risk Patients Case Discussions (5) Melinda Wu, M.D., Holly Pederson, M.D., Juliana (Jewel) M. Kling, M.D., M.P.H., David W. Lim, M.D., Aletta Poll, M.Sc., Sandhya Pruthi, M.D.

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Session Four: Management of a High-Risk Patient	
<p>Course Description: During session four you will discuss the management of patients identified to be at high risk for breast cancer. You will understand the imaging modalities used in enhanced screening and surveillance for this patient population, and when genetic testing is appropriate. Additionally, you will develop an approach to supporting patients in reducing their overall risk of breast cancer through lifestyle, medication, or surgical intervention.</p>	
<p>Learning Objectives:</p> <ul style="list-style-type: none"> • Discuss the management of patients with biopsy-proven high-risk breast lesions, a strong family history of breast cancer, or identified gene mutations that significantly increase risk of breast cancer. • Understand the role of enhanced screening and surveillance imaging, and genetic testing. • Develop an approach to breast cancer risk mitigation strategies including lifestyle modifications, risk-reducing pharmacotherapy, or preventative surgery. 	
30 Minute	Atypical Hyperplasia <i>Mary M. Mrdutt, M.D.</i>
30 Minute	Lobular Carcinoma In Situ <i>David W. Lim, M.D.</i>
30 Minute	Preventive Medication <i>Sandhya Pruthi, M.D.</i>
30 Minute	Enhanced Surveillance Imaging – A Deeper Dive <i>Ellen Warner, M.D., FRCPC, FACP, M.Sc.</i>
30 Minute	Risk Reduction – Bilateral Prophylactic Mastectomy <i>Zahraa AlHilli, M.D.</i>
30 Minute	Risk Reduction – Bilateral Salpingo-Oophorectomy <i>Mariam AlHilli, M.D.</i>
30 Minute	Lifestyle Modification and Primary Breast Cancer Prevention <i>Dawn M. Mussallem, D.O.</i>
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Session Five: Benign Breast Lesions	
<p>Course Description: In session five, you will be introduced to the basics of benign breast pathology. You will learn how benign breast lesions present radiographically and develop familiarity with radiologic pathologic concordance. Attention will also be given to the evidence based clinical management of common benign breast lesions and more rare lesions like phyllodes tumor.</p>	
<p>Learning Objectives:</p> <ul style="list-style-type: none"> • Discuss the pathology of benign breast lesions. • Demonstrate expertise in the identification and management of common benign breast lesions and more rare lesions such as phyllodes tumors and radial scars. • Effectively interpret the radiology and pathology reports of common breast lesions to facilitate further investigation, and effective evidence-based clinical management. 	
30 Minutes	Pathology – Benign Breast Lesions <i>Charles D. Sturgis, M.D.</i>
30 Minutes	Management of Fibroadenoma vs Phyllodes Tumor <i>David W. Lim, M.D.</i>
30 Minutes	Management of Intraductal Papilloma <i>Barbara A. Pockaj, M.D.</i>
30 Minutes	Fibrocystic Changes, Sclerosing Adenosis <i>Aziza Nassar, M.D., M.P.H.</i>
30 Minutes	Pseudoangiomatous Stromal Hyperplasia and Hamartoma <i>Mary M. Mrdutt, M.D.</i>
30 Minutes	Rare Breast Tumors-Benign <i>Susan Done, MA, MB, Bchir, MBA, PhD, FRCPC, FCAP, FRCPath, FCCMG</i>
Livestream June 25, 2022 9:00 a.m. – 12:00 p.m. CT	Benign & Malignant Breast Lesions Case Discussions (5) Sandhya Pruthi, M.D., Melinda Wu, M.D., Asha A. Bhatt, M.D., Zahraa AlHilli, M.D., Megan Kruse, M.D., Charles D. Sturgis, M.D.

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Session Six: Malignant Breast Lesions	
Course Description: In session six, you will learn about noninvasive and invasive breast cancer. You will become familiar with the different molecular subtypes of breast cancer and understand breast cancer staging. Not all breast cancer occurs in older women, therefore, we will help you become confident identifying rare presentations of breast cancer.	
Learning Objectives: <ul style="list-style-type: none"> Describe the difference between non-invasive and invasive breast cancer. Identify rare types of breast cancer, including male breast cancer and pregnancy associated breast cancer. Discuss breast cancer staging and the molecular subtypes of breast cancer. 	
30 Minutes	Ductal Carcinoma In-Situ (DCIS) <i>Patricia A. Cronin, M.D.</i>
30 Minutes	Invasive Ductal Breast Cancer <i>Pooja Advani, M.B.B.S., M.D.</i>
30 Minutes	Invasive Lobular Cancer <i>Megan Kruse, M.D.</i>
30 Minutes	Staging and Molecular Signatures <i>Megan Kruse, M.D.</i>
30 Minutes	Radiologic Correlates of Molecular Subtypes <i>Laura Dean, M.D.</i>
30 Minutes	Rare Breast Malignancies <i>Zahraa AlHilli, M.D.</i>
30 Minutes	Fertility Preservation <i>Elizabeth (Ebbie) A. Stewart, M.D.</i>
30 Minutes	Male Breast Issues <i>Patricia A. Cronin, M.D.</i>
30 Minutes	Pregnancy Associated Breast Cancer <i>Kathryn J. Ruddy, M.D.</i>
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Session Seven: Navigation for the Cancer Patient

Course Description: Most often it is the primary care doctor or women's health specialist receiving the pathology report confirming breast cancer. In session seven, you will become familiar with the various surgical options for early stage breast cancer. Systemic therapy for breast cancer is wide ranging and the timing and duration of various treatment strategies differs. Having knowledge about chemotherapy, targeted therapy, and endocrine therapy will help you gain confidence discussing a new breast cancer diagnosis and aid in the care of your patients as they transition to survivorship. Radiation therapy is not a one size fits all treatment. Here you will learn indications for radiation therapy and be introduced to various treatment protocols available to patients. But now for the tough part, how do you tell the patient they have cancer? We will guide you through the do's and don'ts of delivering bad news.

Learning Objectives:

- Understand available surgical options for early-stage breast cancer including updates in breast reconstruction.
- Review radiation treatment protocols for early-stage breast cancer.
- Summarize current treatment strategies involving adjuvant and neoadjuvant chemotherapy, targeted therapy, and endocrine therapy for early-stage breast cancer.
- Learn skillful delivery of bad news.

30 Minutes	Surgical Options <i>Mara A. Piltin, D.O.</i>
30 Minutes	Radiation Oncology Options <i>Chirag Shah, M.D.</i>
30 Minutes	Medical Oncology Options <i>Brenda J. Ernst, M.D.</i>
30 Minutes	Plastic Surgery Options <i>Mitchel H. Brown, M.D., M.Ed., FRCSC</i>
30 Minutes	Lymphodema Surgery <i>Graham S. Schwarz, M.D.</i>
30 Minutes	Navigation and New Biopsy Proven Work-up <i>Bridgette Lord, MN, NP-Adult</i>
30 Minutes	Communication – Giving Bad News <i>Emma Rinaldo, M.S.W., R.S.W.</i>
Livestream July 23, 2022 9:00 a.m. – 12:00 p.m. CT	Navigation and Breast Cancer & Survivorship Case Discussions (5) <i>Dawn M. Mussallem, D.O., Juliana (Jewel) M. Kling, D.O., Patricia A. Cronin, M.D., Brenda J. Ernst, M.D., Bridgette Lord, MN, NP-Adult, Machele Moeller, CNP</i>

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Session Eight: Breast Cancer Survivorship

Course Description: This course will provide in depth information that will equip healthcare practitioners with skills so they may best collaborate with patients to optimize their survivorship journey. Topics include recommended surveillance and medication side effect management, to important health topics that commonly need addressed post breast cancer treatment such as bone health, sexual health and menopausal symptoms.

Learning Objectives:

- Describe healthcare needs for breast cancer survivors including surveillance imaging, management of SERM and AI side effects, bone health, and cardio-oncology surveillance.
- Identify safe and effective treatments that may improve symptoms commonly seen with breast cancer survivors including vasomotor symptoms, sexual dysfunction, lymphedema, and mental health concerns.
- Recognize the individual needs of breast cancer survivors, inclusive of support and self-care resources

30 Minutes	General Survivorship <i>Machelle Moeller, CNP</i>
30 Minutes	Management of SERM and AI Side Effects <i>Carol Townsley, M.D.</i>
30 Minutes	Management of Menopausal Symptoms <i>Juliana (Jewel) M. Kling, M.D., M.P.H.</i>
30 Minutes	Bone Health <i>Dawn M. Mussallem, D.O.</i>
30 Minutes	Cardio-Oncology <i>Husam Abdel-Qadir, M.D., Ph.D.</i>
30 Minutes	Care of the Elderly Patient <i>Lauren F. Cornell, M.D.</i>
30 Minutes	Sexuality <i>Sheryl Kingsberg, Ph.D.</i>
30 Minutes	Lymphedema <i>Noli B. Dioneda, M.S., P.T., D.P.T.</i>
30 Minutes	Survivorship Summaries <i>Daniela L. Stan, M.D.</i>
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Session Nine: Health and Optimal Wellbeing

Course Description: In this course, participants will learn about the critically important healthy lifestyle habits such as exercise, healthy diet, alcohol, and tobacco avoidance that can help reduce risk of incident and recurrent breast cancer. Integrative medicine topics, as well as resilience and exercise will be covered in detail.

Learning Objectives:

- Describe the role of healthy lifestyle habits including regular exercise, healthy diet, alcohol, and tobacco avoidance as it relates to breast cancer prevention and reduction in recurrence risk
- Identify integrative health modalities and supplements that may be consider during and after breast cancer treatment
- Recognize the signs of distress, and how to encourage resilience and social connections with breast cancer patients during treatment and in survivorship

30 Minutes	Nutrition, Weight Management and Fasting <i>Dawn M. Mussallem, D.O.</i>
30 Minutes	Exercise <i>Raul A. Rosario Concepcion, M.D.</i>
30 Minutes	Evidence-Based Integrative Therapies During & After Breast Cancer <i>Stacy D. D'Andre, M.D.</i>
30 Minutes	Distress, Resilience, Social Connections <i>Kristin A. Lothman, M.S.W., L.C.S.W.</i>
Livestream August 27, 2022 9:00 a.m. – 12:00 p.m. CT	Optimizing Health and Wellness Case & Potpourri: Hormones, Legal Aspects and Publishing Your Learnings Case Discussion (5) <i>Juliana (Jewel) M. Kling, M.D., M.P.H., Ruth Heisey, M.D., Mariam AlHilli, M.D., Stacy D. D'Andre, M.D., Elizabeth (Liz) M. Valencia, M.D., J.D., Kristin Lothman, M.S.W, L.C.S.W.</i>

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Session Ten: Potpourri: Hormones, AI, Legal Aspects, Community Resources, and Writing Your own Case Reports

Course Description: Helping you be at your best: preparing you for some challenging conversations, increasing awareness of community resources/AI initiatives and empowering you to share your learnings more broadly.

Learning Objectives:

- Discuss strategies to reduce the likelihood of medical errors and encourage reflection to increase pattern recognition of less common presentations of significant disease.
- Understand the impact of hormones on breast cancer risk, be comfortable having informed discussions with women at risk for or with a history of breast cancer who wish to use hormones for local or systemic therapy
- Be comfortable following women with both breast reductions and augmentations, understanding the implications on clinical breast exam and imaging.
- Be aware of the role of AI to improve breast cancer detection and risk stratification.
- Be aware of your local community resources available and how your patients can access them
- Clinical case reports will be used to demonstrate putting theory into practice as well to communicate interesting clinical presentations more broadly
- Participants will be introduced to writing their own case report

30 Minutes	Legal Aspects of Breast Care <i>Elizabeth (Liz) M. Valencia, M.D., J.D.</i>
30 Minutes	Hormones and the Breast <i>Michelle Jacobson, M.D., MHSc, FRCSC</i>
30 Minutes	Follow up Post Augmentation / Reduction <i>Graham S. Schwarz, M.D.</i>
30 Minutes	Artificial Intelligence in Breast Health <i>Tufia C. Haddad, M.D.</i>
30 Minutes	Working Together with Your National Cancer Organization- Accessing Community Resources and Support <i>Joanne Stewart, Director, Cancer Support Navigation, Canadian Cancer Society</i> <i>Chuck Westbrook, Senior Vice President of Cancer Control Programs and Services at ACS</i>
30 Minutes	Sharing Your Learnings More Broadly: Case Report Writing <i>Nicholas Pimlott, M.D., CCFP, FCFP, Scientific Editor, Canadian Family Physician</i>
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