



# Medical Breast Advanced Topics Online Course

Benign Breast Lesions	
	<p>Pathology – Benign Breast Lesions <i>Charles D. Sturgis, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss common benign breast lesions and characteristics that suggest benign etiology</li> <li>• Describe the pathology of common non-proliferative and proliferative benign breast lesions</li> </ul>
	<p>Management of Fibroadenoma vs Phyllodes Tumor <i>David W. Lim, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss common clinical and radiological presentation of fibroadenomas and phyllodes tumour</li> <li>• Discuss breast cancer risk in the context of fibroadenoma vs phyllodes tumour</li> <li>• Discuss management strategies and how they differ between fibroadenomas and phyllodes tumors</li> </ul>
	<p>Management of Intraductal Papilloma <i>Barbara A. Pockaj, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Describe common clinical presentation and radiological findings related to intraductal papilloma</li> <li>• Discuss suggested radiological investigation (US, MRI, ductogram, tissue biopsy) vs surgical exploration</li> <li>• Discuss associated breast cancer risk and subsequent surveillance of intraductal papillomas</li> </ul>
	<p>Fibrocystic Changes, Sclerosing Adenosis <i>Aziza Nassar, M.D., M.P.H.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define fibrocystic changes as a common radiology and pathology finding</li> <li>• Discuss common clinical presentation features</li> <li>• Define sclerosing adenosis</li> <li>• Discuss management strategies and considerations for fibrocystic change and sclerosing adenosis</li> </ul>
	<p>Pseudoangiomatous Stromal Hyperplasia and Hamartoma <i>Mary M. Mrdutt, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define pseudoangiomatous stromal hyperplasia (PASH) and hamartoma</li> <li>• Describe how these entities commonly present, and their associated radiological presentation, and considerations for breast cancer risk</li> <li>• Discuss management strategies including tissue sampling, considerations for surgical excision, and imaging surveillance</li> </ul>



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	<p>Rare Breast Tumors-Benign <i>Susan Done, MA, MB, Bchir, MBA, PhD, FRCPC, FCAP, FRCPath, FCCMG</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Provide an overview of rare benign breast tumors including features on pathology and any imaging or surveillance considerations</li> <li>• Define which lesions require surgical excision vs imaging surveillance in terms of management</li> </ul>
<b>Malignant Breast Lesions</b>	
	<p>Ductal Carcinoma In-Situ (<i>DCIS</i>) <i>Patricia A. Cronin, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss the epidemiology, histopathology, grading, prognosis of ductal carcinoma in situ, and risk of recurrence. Explain why there is debate over DCIS as overdiagnosis?</li> <li>• Briefly outline local treatments for ductal carcinoma in situ. <ul style="list-style-type: none"> <li>○ Surgical (breast conservation sentinel node sampling not required vs mastectomy sentinel lymph node biopsy recommended)</li> <li>○ Radiation</li> </ul> </li> <li>• Summarize which patients with DCIS may benefit from endocrine therapy and discuss benefit of endocrine therapy in DCIS (recurrence vs survival benefit). What is the duration of endocrine therapy recommended for DCIS?</li> </ul>
	<p>Invasive Ductal Breast Cancer <i>Pooja Advani, M.B.B.S., M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss the epidemiology, histopathology, grading, and prognosis of invasive ductal carcinoma.</li> <li>• Review local and systemic treatment of early-stage invasive ductal breast carcinoma. <ul style="list-style-type: none"> <li>○ Surgical (breast conservation vs mastectomy with sentinel lymph node biopsy)</li> <li>○ Systemic treatment (chemotherapy), immunotherapy, targeted HER2 treatment</li> <li>○ Discuss the difference between neoadjuvant vs. adjuvant chemotherapy</li> <li>○ Endocrine therapy for estrogen receptor positive cancers</li> </ul> </li> </ul>
	<p>Invasive Lobular Cancer <i>Megan Kruse, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss the epidemiology, histopathology, and grading of invasive lobular carcinoma (ILC).</li> <li>• Describe prognosis and recurrence patterns of ILC</li> <li>• Address indications for breast MRI in the work-up of patients with newly diagnosed ILC.</li> <li>• Briefly review local and systemic treatment of early-stage invasive lobular breast carcinoma.</li> </ul>



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	<p>Staging and Molecular Signatures <i>Megan Kruse, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define breast cancer staging.</li> <li>• Review molecular subtypes of breast cancer.</li> <li>• Discuss the role of commercially available molecular profiling tests for cancer prognostication and therapy prediction (ex. Oncotype DX and Breast cancer Index).</li> </ul>
	<p>Radiologic Correlates of Molecular Subtypes <i>Laura Dean, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Describe the four main molecular subtypes of breast cancer</li> <li>• Review imaging examples of each subtype</li> <li>• Discuss how determination of molecular subtype has clinical implications for treatment of breast cancer</li> <li>• Understand the role of immunohistochemistry (IHC) testing for newly diagnosed breast cancers</li> <li>• Integration of molecular subtype into determination of clinical staging and its role in counseling patient outcomes</li> </ul>
	<p>Rare Breast Malignancies <i>Zahraa AlHilli, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss the epidemiology, clinical presentation, histopathology, and prognosis of Paget’s Disease of the Breast.</li> <li>• Discuss the epidemiology, clinical presentation, histopathology, and prognosis of inflammatory breast cancer.</li> <li>• OPTIONAL→Briefly highlight rare forms of invasive ductal carcinoma: medullary, mucinous, papillary, and tubular</li> </ul>
	<p>Fertility Preservation <i>Elizabeth (Ebbie) A. Stewart, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Review common methods of preserving fertility at the time of diagnosis.</li> <li>• Outline timing considerations of fertility preservation at diagnosis and the safety of treatment delays.</li> <li>• Discuss the success rate for pregnancy after fertility preservation and safety considerations of pregnancy after a breast cancer diagnosis.</li> </ul>
	<p>Male Breast Issues <i>Patricia A. Cronin, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Review the clinical presentation, evaluation, and management of gynecomastia.</li> <li>• List risk factors for male breast cancer.</li> <li>• Discuss epidemiology, clinical presentation, histopathology, and prognosis of male breast cancer.</li> </ul>



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	<p>Pregnancy Associated Breast Cancer <i>Kathryn J. Ruddy, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define pregnancy-associated breast cancer.</li> <li>• Discuss the prognosis of pregnancy-associated breast cancer.</li> <li>• Briefly review treatment dilemmas for pregnancy associated breast cancer.</li> </ul>
<p><b>Case Studies: Benign and Malignant Breast Lesions</b>  <i>Moderator: Sandhya Pruthi, M.D.</i>  <i>Panel: Melinda Wu, M.D., Asha A. Bhatt, M.D., Zahraa AlHilli, M.D., Megan Kruse, M.D., Charles D. Sturgis, M.D.</i></p>	
<p><b>Navigation for the Cancer Patient</b></p>	
	<p>Surgical Options <i>Mara A. Piltin, D.O.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss surgical options for non-invasive and invasive early-stage breast cancer (please discuss lumpectomy, mastectomy including skin and nipple sparing techniques). Is there an overall or breast cancer specific survival advantage of mastectomy vs lumpectomy?</li> <li>• Explain indications for sentinel lymph node sampling and when does a patient require complete axillary dissection.</li> <li>• Summarize guidelines-based surveillance breast imaging recommendations for patients following lumpectomy, unilateral mastectomy, and bilateral mastectomy.</li> </ul>
	<p>Radiation Oncology Options <i>Chirag Shah, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Provide a brief review of the science behind radiation therapy and outline the various type of radiation therapy available for breast cancer patients (external vs internal radiation; whole vs partial; proton beam indications).</li> <li>• Explain indications for radiation therapy for early stage vs. metastatic breast cancer and when radiation to the axilla is necessary. Touch on how radiation impacts survival in non-invasive vs invasive breast carcinoma.</li> <li>• Describe maneuvers to reduce radiation toxicity.</li> <li>• Briefly list the late effects of radiation therapy.</li> </ul>



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	<p>Medical Oncology Options <i>Brenda J. Ernst, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Review commonly used types of chemotherapy regimens, outline frequent intervals utilized for various chemotherapy regimens, and briefly list immediate and late effects of chemotherapy.</li> <li>• Describe the role of immunotherapy in treatment of breast cancer and list common adverse effects of immunotherapy that primary care providers should be aware of.</li> <li>• Discuss HER2 targeted therapy treatment options; review common and potential adverse effects of HER2 targeted treatment.</li> <li>• Describe the mechanism of action of tamoxifen and aromatase inhibitors (AI), patient selection of tamoxifen vs. AI, and adverse effects of each.</li> </ul>
	<p>Plastic Surgery Options <i>Mitchel H. Brown, M.D., M.Ed., FRCSC</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss the role of expanders and implant-based reconstruction; explain which patients are eligible for immediate reconstruction vs. delayed reconstruction.</li> <li>• Review types of autologous tissue-based reconstruction available; describe indications for autologous tissue reconstruction vs. implant-based reconstruction.</li> <li>• Summarize indications for breast imaging following implant-based reconstruction (ie is periodic MRI necessary for implant integrity)</li> <li>• Report the incidence of breast implant associated b cell lymphoma and describe the clinical presentation.</li> </ul>
	<p>Lymphodema Surgery <i>Graham S. Schwarz, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Briefly describe clinical features of lymphedema, epidemiology, risk factors, and why it is a problem clinically for patients.</li> <li>• Briefly outline functional treatment considerations for lymphedema.</li> <li>• Discuss the lymphovenous bypass procedure.</li> </ul>
	<p>Navigation and New Biopsy Proven Work-up <i>Bridgette Lord, MN, NP-Adult</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Describe a patient’s journey following a positive breast biopsy with breast cancer <ul style="list-style-type: none"> <li>○ discuss the importance of radiology-pathology concordance</li> <li>○ patients for second opinion require review of outside pathology and radiology</li> <li>○ multidisciplinary approach to care</li> </ul> </li> <li>• Discuss indications for breast MRI following a new breast cancer diagnosis/ positive breast biopsy.</li> </ul>



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	<p>Communication – Giving Bad News <i>Emma Rinaldo, M.S.W., R.S.W.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Explain how to approach a patient with a new breast cancer diagnosis. How do you tell the patient they have cancer?</li> <li>• Delineate the do’s and don’ts of delivering bad news.</li> </ul>
<b>Breast Cancer Survivorship</b>	
	<p>General Survivorship <i>Machelle Moeller, CNP</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what survivorship is, and who qualifies as a survivor</li> <li>• Discuss important components that should be part of a survivorship plan</li> </ul>
	<p>Management of SERM and AI Side Effects <i>Carol Townsley, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Describe common side effects of SERM’s and AI’s</li> <li>• Discuss strategies to minimize or treat common side effects of these medications</li> <li>• Formulate a stepwise approach to prescribing SERM’s and AI’s based on side effects (e.g. if this medication is not tolerated, move on to this one, etc...)</li> </ul>
	<p>Management of Menopausal Symptoms <i>Juliana (Jewel) M. Kling, M.D., M.P.H.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Describe briefly the menu of available non-hormonal options for menopause treatment</li> <li>• Detail a few studies related to non-hormonal treatment options, including emerging therapies</li> <li>• Demonstrate understanding of a recent guideline for non-hormonal options for menopause symptom treatment (North American Menopause Society)</li> </ul>
	<p>Bone Health <i>Dawn M. Mussallem, D.O.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what is normal and abnormal related to bone health</li> <li>• Discuss guideline-based recommendations for screening for osteoporosis</li> <li>• Relate evidence-based suggestions for maintaining or improving bone health post breast cancer treatment</li> </ul>
	<p>Cardio-Oncology <i>Husam Abdel-Qadir, M.D., Ph.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what is meant by ‘cardio-oncology’</li> <li>• Discuss the cardiovascular concerns that need to be considered in patients undergoing or post treatment for breast cancer</li> </ul>



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	<ul style="list-style-type: none"> <li>• Formulate recommendations for screening for women at high risk of cardiovascular complications related to their breast cancer treatment</li> <li>• Discuss preventative cardiovascular strategies that people who have survived breast cancer can consider</li> </ul>
	<p>Care of the Elderly Patient <i>Lauren F. Cornell, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what is meant by ‘older’ patient</li> <li>• Detail considerations for older women who have survived breast cancer</li> </ul>
	<p>Sexuality <i>Sheryl Kingsberg, Ph.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Describe normal sexual functioning</li> <li>• Detail types of female sexual dysfunction and a general approach to treatment</li> <li>• Examine preventative strategies women or their physicians/APPs could consider regarding FSD</li> </ul>
	<p>Lymphedema <i>Noli B. Dioneda, M.S., P.T., D.P.T.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Detail the prevalence and impact of lymphedema on breast cancer survivors</li> <li>• Describe a general approach to treatment for patients with lymphedema</li> </ul>
	<p>Survivorship Summaries <i>Daniela L. Stan, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what a survivorship summary is and why it is important</li> <li>• Detail the components of a survivorship summary</li> </ul>
<p><b>Case Studies: Navigation and Breast Cancer Survivorship</b>  <b>Moderator:</b> Dawn M. Mussallem, D.O.  <b>Panel:</b> Juliana (Jewel) M. Kling, D.O., Pooja Advani, M.B.B.S., Patricia A. Cronin, M.D., Chirag Shah, M.D., M.D., Bridgette Lord, MN, NP-Adult, Mabelle Moeller, CNP</p>	



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Health and Optimal Wellbeing	
	<p>Nutrition, Weight Management and Fasting <i>Dawn M. Mussallem, D.O.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss the importance of good nutrition and weight management during and after breast cancer treatment</li> <li>• Detail suggestions for helping patients be successful with implementation of these important lifestyle habits</li> </ul>
	<p>Exercise <i>Raul A. Rosario Concepcion, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what is meant by exercise, and how much is recommended for most survivors</li> <li>• Discuss specific benefits of exercise as it relates to outcomes post breast cancer treatment</li> </ul>
	<p>Evidence-Based Integrative Therapies During &amp; After Breast Cancer <i>Stacy D. D'Andre, M.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Define what is meant by integrative medicine</li> <li>• Demonstrate various integrative strategies that have been shown to be helpful for women during and after breast cancer treatment</li> </ul>
	<p>Distress, Resilience, Social Connections <i>Kristin A. Lothman, M.S.W., L.C.S.W.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• State the prevalence of distress for those going through or after breast cancer treatment</li> <li>• Describe the role of resilience and social connections in survivorship</li> </ul>
Hormones, AI, Legal, & Community Resources	
	<p>Legal Aspects of Breast Care <i>Elizabeth (Liz) M. Valencia, M.D., J.D.</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Discuss strategies to reduce the likelihood of medical errors including the importance of being proactive</li> <li>• Provide examples of encounters that could have been managed better</li> </ul>
	<p>Hormones and the Breast <i>Michelle Jacobson, M.D., MHSc, FRCSC</i></p> <p>Objectives:</p> <ul style="list-style-type: none"> <li>• Describe the impact of hormones on breast cancer risk</li> <li>• Provide us with strategies to help guide our discussions with women at risk for or living with cancer considering HRT</li> </ul>





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	Follow up Post Augmentation / Reduction <i>Graham S. Schwarz, M.D.</i>
	Objectives: <ul style="list-style-type: none"><li>• Please discuss how best to image, biopsy and follow clinically women post breast augmentation/reduction</li><li>• Describe fat necrosis</li></ul>
	Artificial Intelligence in Breast Health <i>Tufia C. Haddad, M.D.</i>
	Objectives: <ul style="list-style-type: none"><li>• What does the future hold for AI assistance in the breast cancer detection and risk stratification? Friend or foe?</li><li>• Please provide examples where it has improved care and areas that are less evidence-based or practically useful</li></ul>
	Genetic Testing and Breast Cancer <i>Kelly Metcalfe, RN, Ph.D.</i>
	Objectives: <ul style="list-style-type: none"><li>• Review the evidence to inform treatment of hereditary breast cancer</li><li>• Explore the outcomes associated with genetic testing at the time of breast cancer diagnosis</li><li>• Explore the outcomes associated with genetic testing after breast cancer diagnosis</li></ul>
	Sharing Your Learnings More Broadly: Case Report Writing <i>Nicholas Pimlott, M.D., CCFP, FCFP, Scientific Editor, Canadian Family Physician</i>
	Objectives: <ul style="list-style-type: none"><li>• Introduction to case report writing</li><li>• Help us discover the value in sharing our interesting clinical learnings more broadly</li></ul>

### Case Studies: Hormones, Breast and Wellbeing

**Moderator:** *Juliana (Jewel) M. Kling, M.D., M.P.H.*

**Panel:** *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.*