Breast Health
A Team Approach
Polling Sessions

February 6, 2016
How far did you travel to attend today's lectures?

A. Less than 10 miles  
B. 11-25 miles  
C. 26-50 miles  
D. More than 50 miles

Which of the following consequences of talking directly with patients is FALSE?

A. Dissipates patient fear and anxiety  
B. Engenders patient trust and loyalty  
C. Serves as an excellent marketing tool  
D. Increases medicolegal exposure
Which one of the following is NOT recommended?

A. Begin the encounter by extending your hand
B. Be aware of your body language
C. Stand over the patient for emphasis and authority
D. Have a third party in the room with you and the patient

When delivering bad news, which one of the following is NOT recommended?

A. Use a more private room
B. Allow no interruptions
C. Allow no family members or friends in the room
D. Have a staff member present as an escort
When describing the mammography exam *to a patient* it is best to:

A. Explain that you will be performing a CC and MLO
B. Tell her the number of images you will be taking
C. Explain that many times patients are called back for additional views
D. None of the above

![Bar chart with percentages](image)

Methods to provide additional comfort for the patient include:

A. Keeping the gown on (when possible)
B. Addressing the patient appropriately
C. Respecting physical space
D. B + C
E. All of the above

![Bar chart with percentages](image)
Some examples of good tech/patient communication include:

A. Answering her questions directly but within your scope of practice
B. If you are a breast cancer survivor, share that with her to assuage her anxiety
C. Give your professional opinion if she asks for it
D. All of the above

What are the components of a survivorship care plan?

A. Cancer diagnosis
B. Treatment received
C. Ongoing surveillance
D. Potential late/long-term side effects
E. All of the above
What are the most common concerns of breast cancer survivors?

A. Anxiety and depression
B. Fear of recurrence
C. Side effect management
D. Financial concerns
E. All of the above

When is an individual considered a cancer survivor?

A. One year after diagnosis
B. After initial treatment/surgery
C. One year after treatment/surgery
D. From the time of diagnosis
E. Five years after diagnosis
Which of the following is not true about Digital Breast Tomosynthesis (3D)?

A. Higher cancer detection rate
B. 4 times the radiation of a 2D mammogram
C. Lower recall rate
D. Requires more data storage space than a 2D mammogram
E. Requires more time to read than a 2D mammogram

Digital Breast Tomosynthesis (3D) can be used for which of the following?

A. Localizations prior to surgery
B. Screening mammography
C. Diagnostic mammography/additional views
D. Stereotactic biopsy
E. All of the above
Which of the following is true about Digital Breast Tomosynthesis (3D) cost/billing?

A. Cheaper than 2D mammography
B. All insurance companies cover 3D
C. No insurance companies cover 3D
D. It is complicated
E. All insurance companies will cover 3D by July 4th, 2016

11:15 Polling Session
Which of the following is not a theoretical benefit of neoadjuvant chemotherapy?

A. 10-year survival nearly doubles with appropriate neoadjuvant chemotherapy compared to adjuvant regardless of pathologic response
B. Neoadjuvant chemotherapy may allow alterations in therapy based on response
C. Neoadjuvant chemotherapy may allow downsizing of the tumor and increase rates of successful breast conservation surgery

Which of the following is true regarding a pathologic complete response after neoadjuvant chemotherapy?

A. Invasive lobular carcinoma and invasive ductal carcinoma have similar response rates to neoadjuvant chemotherapy
B. If MRI confirms complete response to neoadjuvant chemotherapy, patients do not need surgery at all
C. Patients with a pathologic complete response have improved disease free and overall survival
When a doctor presents information to a patient in numeric format, the doctor should assume:

A. The patient will poop herself half way through the presentation.
B. The patient understands every word
C. The patient is wondering how the doctor ever got into medical school.
D. The patient is hearing a wah-wah-wah trumpet sound
E. The patient has a very limited understanding of what is being presented

When a patient listens to information in numeric format given by the doctor, the patient should assume:

A. The doctor will poop himself half way through the presentation.
B. The doctor understands every word of what is said
C. The doctor can use his or her fingers to count, but only up to eleven.
D. The doctor may not be altogether clear on the meaning of what is discussed
E. Kevin Edelman
Anxiety:

A. Makes one anxious
B. Inevitably accompanies a diagnosis of cancer
C. Has an effect on cognitive function
D. Often leads to the expectation of a negative outcome
E. Is yet another thing that leads to problems in communication between doctor and patient
F. All of the above

What is the most important pathology parameter for determining breast cancer treatment?

A. Tumor size
B. Tumor grade
C. Tumor margins
D. Tumor biology
Pathologists use imaging to:

A. Identify calcifications in specimens
B. Help determine margins of DCIS in lumpectomies
C. Identify the tumor bed following neoadjuvant chemotherapy
D. Make certain the targeted lesion is in the specimen
E. All of the above

True or False: Pathologist perform the final pathologic-radiologic correlation for image guided core biopsies:

A. True
B. False
For stereotactic core biopsies performed for calcifications, pathologists can do all of the following in attempts at identifying the targeted calcifications EXCEPT:

A. Deeper levels
B. Immunostains
C. Radiographs of the paraffin block
D. Examine the slide under polarized light

3:35 Polling Session
Which of the following are acceptable for the appearance of the pectoralis muscle on the MLO?

A. Convex
B. Concave
C. Straight
D. A + C
E. All of the above

When performing a 90 degree lateral for triangulation or sagittal orientation it is preferable to do a:

A. LM
B. ML
C. Doesn’t matter
D. A ML, if the area of concern on is located in the medial aspect of the breast
"Step" oblique views should be performed:

A. With the patient facing forward  
B. With the patient in an oblique position  
C. Patient position is unimportant  
D. Tube angled at 180 degrees

- 72%  
- 20%  
- 6%  
- 2%

Which of the following is true about diet and cancer?

A. There is no relationship between cancer and diet  
B. Probably involved in 30-35% of cancers  
C. Vegetables cause cancer  
D. Red meats prevent cancer  
E. Processed foods high in sugar prevent cancer

- 3%  
- 95%  
- 1%  
- 0%  
- 1%
Which of the following are ways to reduce cancer risk?

A. Be physically active for at least 30 minutes daily
B. Be as lean as possible without being underweight
C. Avoid sugary drinks
D. Limit the consumption of red meats
E. All of the above

Which of the following is not a good way to deal with stressful situations?

A. Learn to recognize when you are upset about things you cannot control or change
B. Slow down, think before you react
C. Say “yes” to everything
D. Avoid energy spent blaming, holding a grudge, or resentment
E. Slow down, think before you react
Barriers to achieving good images can include:

A. Patient body habitus
B. Patient personality
C. Patient’s state at the time of the exam
D. A + B
E. All of the above

Most mammography technologists are trained to position:

A. In a consistent and reproducible manner
B. With inconsistent and widely varying techniques
C. Using the ACR method
D. Using the “Tabar” method
The latest study done on Image Quality and Positioning Standards was published in:

A. 2014
✓B. 1993
C. 1999
D. No studies have been published

Visualization of the IMF should appear on approximately ____% of all MLOs:

A. 95 – 100 %
B. 40 – 50 %
C. 25 – 35 %
✓D. 75 – 85 %
Which of the following about radiation and mammography is not true?

A. Less than the annual dose from background radiation
✓ B. Much more radiation than flying cross-country at 35,000 feet
C. 1 in 8 chance of developing breast cancer vs. 1 in 10,000 chance of developing breast cancer from radiation
D. The dose isn’t zero, but it is very, very low.

Which of the following is true?

A. Since screening mammography started, the death rate from breast cancer has decreased 35-50%
B. 75-90% of the breast cancers found on screening mammography are found in women with no risk factors whatsoever
C. Cancers found on screening mammography (before they are palpable) have a 95% cure rate
D. Cancers found by the patient or her doctor have a less than 50% cure rate
✓ E. All of the above
Which of the following is true about USPSTF recommendations?

A. The USPSTF included many clinicians involved in breast cancer detection and care

B. If the USPSTF guidelines are followed, approximately 6,500 more women will die of breast cancer each year

C. The USPSTF included organized screening data from around the world

D. The USPSTF included recent randomized controlled trial data

The End

Thank you for participating in today's polling sessions!