

UNIT 3: GYNECOLOGY
SECTION B: BREASTS

Educational Topic 40: Disorders of the Breast

Rationale: Breast disorders and concerns are common. They are often distressing and may indicate the presence of serious disease.

Intended Learning Outcomes:

A student should be able to:

- List factors that place individuals at risk for breast disorders
- Describe symptoms and physical examination finding of benign or malignant conditions of the breast
- Demonstrate the performance of a clinical breast examination
- Discuss the steps in the evaluation of common breast complaints: mastalgia, mass, nipple discharge
- Discuss initial management options for benign and malignant conditions of the breast

TEACHING CASE

CASE: A 56-year-old woman G0P0 woman made an appointment to see her gynecologist because of a small lump in her right breast that she has been able to feel for 2 months. She has not had prior breast problems and does not have a family history of breast cancer. There are no apparent skin changes, asymmetry or skin dimpling. Axillary or supraclavicular lymph nodes are not palpable. Breasts are symmetric, diffusely cystic and non-tender. There is a firm area approximately 1 cm in diameter with indiscreet borders at the 9 o'clock position on her right breast. The area is slightly different in consistency than the rest of the surrounding tissue. The patient's mammogram revealed dense breast tissue, but no mammographic abnormalities.

COMPETENCY-BASED DISCUSSION & KEY TEACHING POINTS:

Competencies addressed:

- Patient Care
- Medical Knowledge
- Interpersonal and Communication Skills
- Professionalism
- Systems-based Practice

1. What is the proper technique to perform a breast exam?
2. What are common risk factors for breast cancer?
3. What is your next step in this patient's management?
4. What are some common benign breast disorders?

REFERENCES

Beckman CRB, et al. Obstetrics and Gynecology. 7th ed. Philadelphia: Lippincott, Williams & Wilkins, 2013.

Hacker NF, Moore JG, et al. Essentials of Obstetrics and Gynecology. 5th ed. Philadelphia: Saunders, 2010.

CDC Breast Cancer Screening http://www.cdc.gov/cancer/breast/basic_info/screening.htm

CME breast health modules <http://www.medscape.com/editorial/public/breastcancer-cdc>