

# Priority Topic: BREAST LUMP

## Key Features:

1. Given a **well woman with concerns** about breast disease, during a clinical encounter (annual or not):
  - a) **Identify high-risk patients** by assessing modifiable and non-modifiable risk factors
  - b) **Advise regarding screening** (mammography, breast self-examination) and its **limitations**.
  - c) Advise concerning the **woman's role in preventing or detecting** breast disease (breast self-examination, lifestyle changes).

### **What you should study:**

- ✓ **Breast Cancer Screening Guidelines CMAJ 2011**
- ✓ **Breast Cancer Screening and Prevention AIM 2016**
- ✓ **Women with Family Hx of Breast Ca CFP 2016**  
**Femmes ayant des antécédents familiales de cancer de sein MFC 2016**

2. Given a woman **presenting with a breast lump** (i.e., clinical features):
  - a) Use the **history, features of the lump, and the patient's age** to determine (interpret) if **aggressive work-up** or **watchful waiting** is indicated.
  - b) Ensure **adequate support** throughout investigation of the breast lump by availability of a **contact resource**.
  - c) Use **diagnostic tools** (e.g., needle aspiration, imaging, core biopsy, referral) in an **appropriate manner** (i.e., avoid over- or under-investigation, misuse) for managing the breast lump.

### **What you should study:**

- ✓ **Common Breast Problems AAFP 2012**

3. In a woman who presents **with a malignant breast lump** and knows the diagnosis:
- a) **Recognize** and **manage** immediate and long-term **complications** of breast cancer.
  - b) Consider and diagnose **metastatic disease** in the follow- up care of a breast cancer patient by appropriate **history** and **investigation**.
  - c) Appropriately direct (provide a link to) the patient to **community resources** able to provide adequate support (psychosocial support).

***What you should study:***

- ✓ **Le cancer du sein MduQ 2015**
- ✓ **Breast Cancer Treatment AAFP 2010**
- ✓ **Breast cancer survivorship CFP 2015**
- ✓ **Breast ca follow up CFP 2016**  
**Suivi après le traitement du cancer du sein MFC 2016**