

Breast Cancer

KELLI DURIEX MSN,RN-BC
INSTRUCTIONAL MODULE 3

*



Risk Factors

- ▶ Risk factors
 - ▶ Gender
 - ▶ Increasing age (40+)
 - ▶ Early menarche/late menopause
 - ▶ Family history
 - ▶ High fat diet
 - ▶ Obesity

Symptoms of Breast CA

- ▶ Painless breast mass
- ▶ Painful breast mass
- ▶ Nipple discharge
- ▶ Local edema
- ▶ Nipple retraction
- ▶ Nipple crusting

Primary Prevention

- ▶ Wellness
- ▶ Smoking Cessation
- ▶ Daily exercise
- ▶ Healthy diet
 - ▶ Low in saturated fat
 - ▶ High in Fiber

Secondary Prevention

- ▶ Mammogram

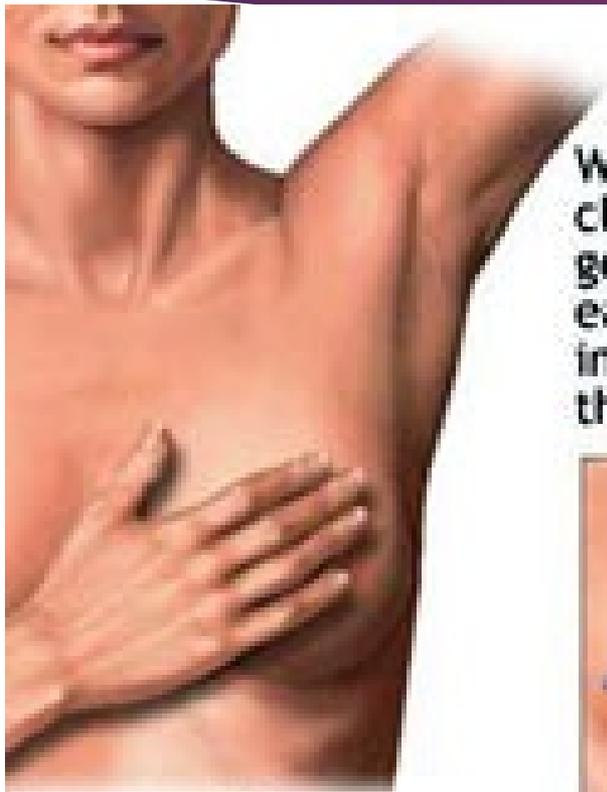
Beginning yearly after 40yrs of age

Breast Self Exam (BSE)

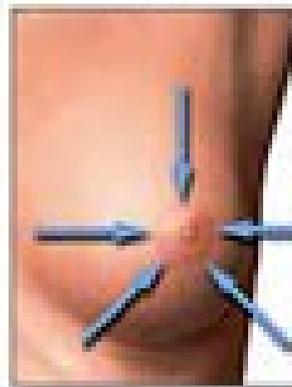
- ▶ >20 years of age
- ▶ Perform after menstruation
- ▶ Same time every month

Breast Self Exam

BSE Patterns



With fingertips close together, gently probe each breast in one of these three patterns



Breast self-exam:
Manual inspection
(standing)

Tertiary Prevention

- ▶ Symptom control
 - ▶ Lymphedema
- ▶ Rehabilitation
 - ▶ Reconstruction



Assessment

- ▶ Mass felt during BSE
- ▶ Mammogram
- ▶ A non-moveable mass -typically painless
- ▶ Usually only one breast involve

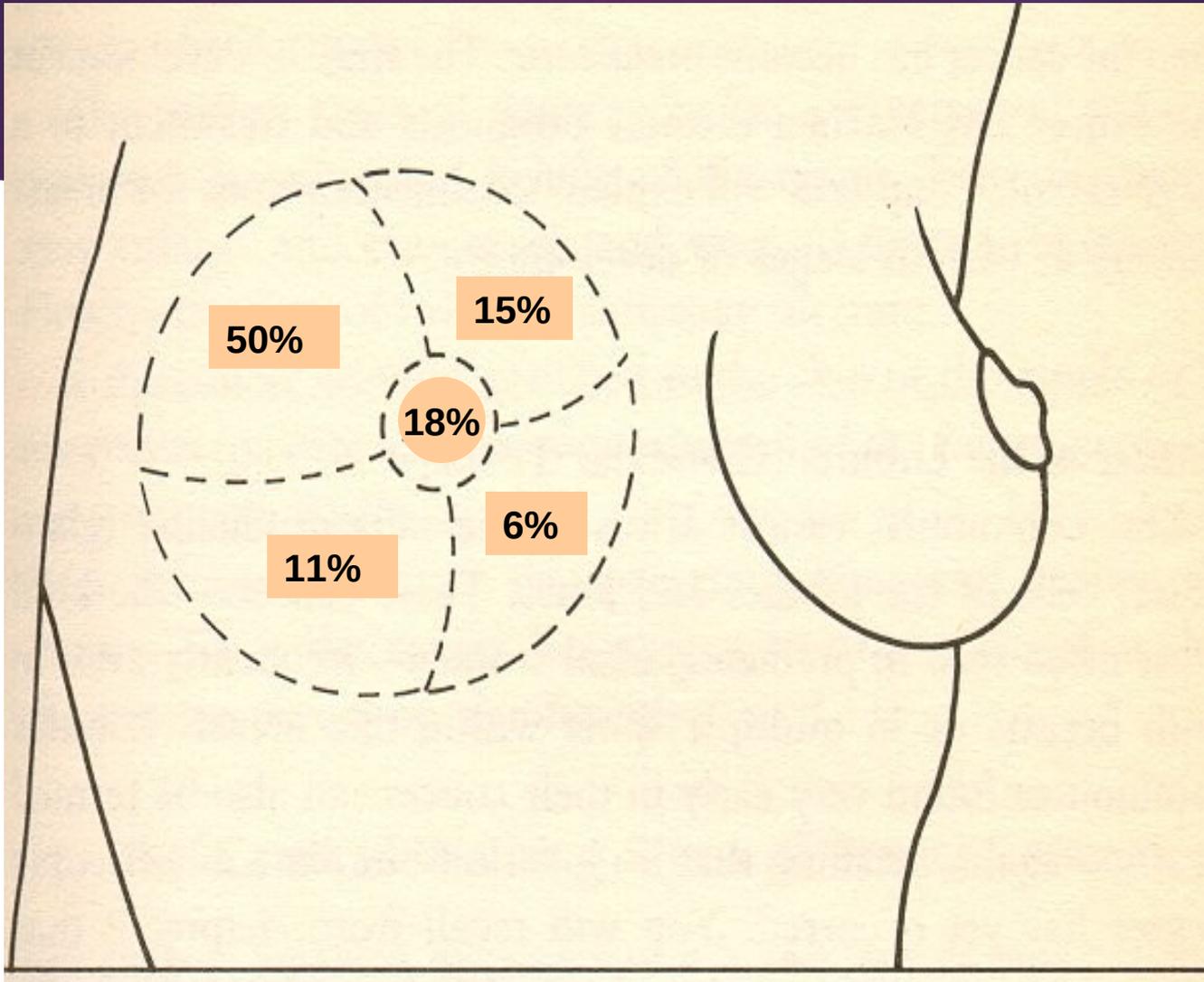


Continued...

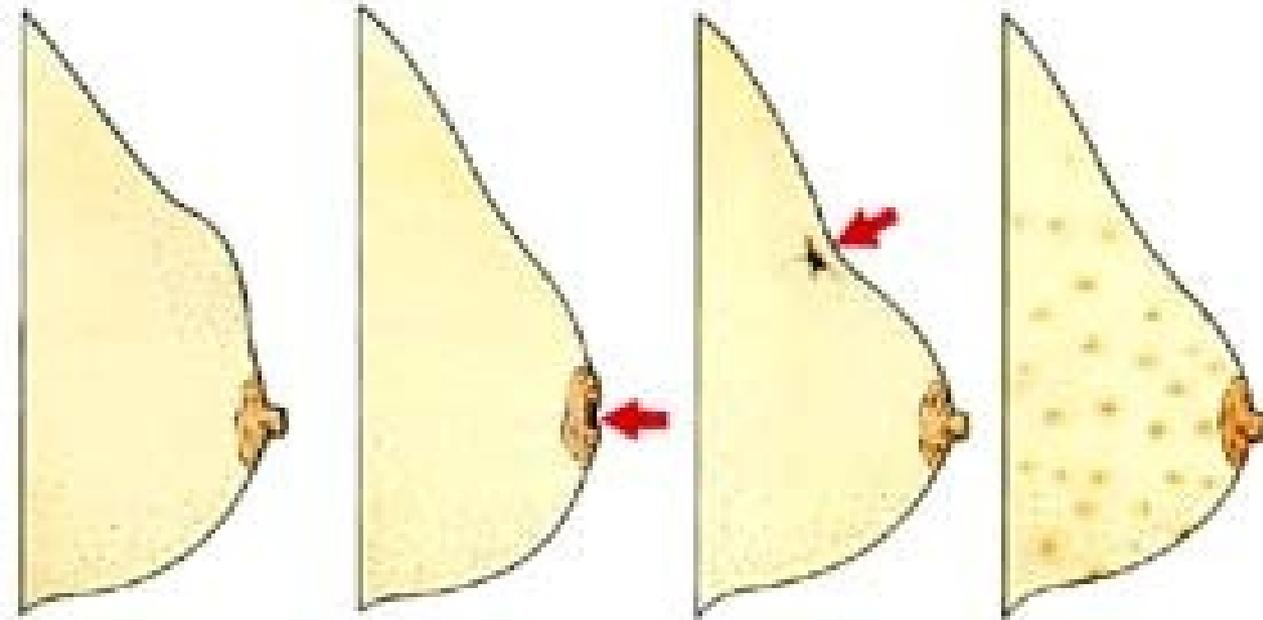
- ▶ **Change in size, contour, or texture of breast**
 - ▶ Skin dimpling, puckering
 - ▶ Nipple discharge, retraction
 - ▶ Peau d'orange
- ▶ **Late signs**
 - ▶ Pain
 - ▶ Ulceration
 - ▶ Cachexia

Diagnosis

- ▶ Ultrasound
 - ▶ Consistency of breast masses
 - ▶ (cyst or dense mass?)
- ▶ Biopsy
 - ▶ Aspiration
 - ▶ Incisional
 - ▶ Excisional



Appearance



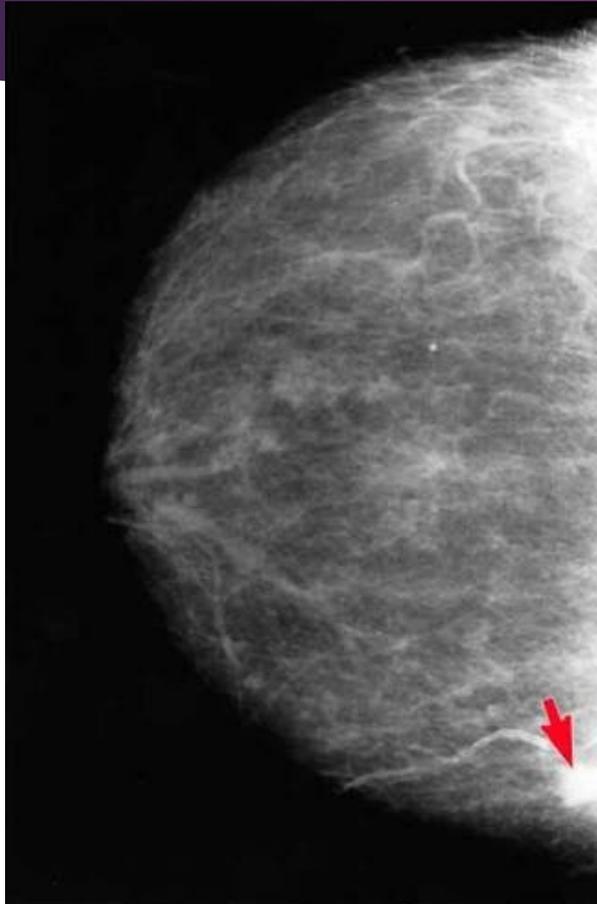
Change in breast contour,
such as a swelling

Change in direction
of the nipple

Dimpling or
puckering of
the skin

"Orange-peel"
appearance of
breast skin

Diagnosis



- ▶ BSE
- ▶ Clinical exam
- ▶ Mammography
- ▶ Ultrasound
- ▶ Biopsy
- ▶ Axillary lymph node status
- ▶ Diagnostic tests
 - ▶ BRCA -1 or BRCA 2
 - ▶ HER-2
 - ▶ Estrogen & progesterone receptors

Treatment

- ▶ **Surgical**

- ▶ Lumpectomy
- ▶ Simple Mastectomy
- ▶ Radical or Modified Radical Mastectomy

- ▶ **Nonsurgical**

- ▶ Chemotherapy
- ▶ Radiation
- ▶ Hormonal manipulation

Treatments - Radiation

- ▶ External (Teletherapy)
 - ▶ Using radiation beams to affected area
- ▶ Internal (Brachytherapy)
 - ▶ Radium implants
 - ▶ Pellets
 - ▶ Seeds

Teletherapy



Brachytherapy



Treatments - Hormone therapy

- ▶ Tamoxifen

Treatments - Chemotherapy

- ▶ TOO MANY TO LIST
- ▶ Care for this patient is the same for all cancers

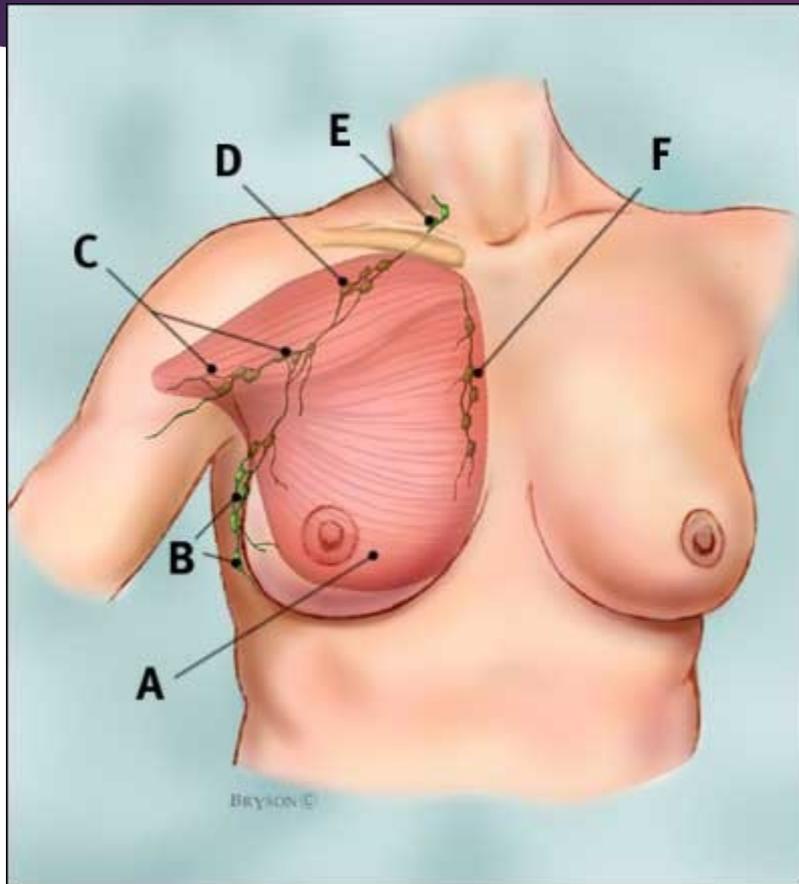
Pre-Operative Care

- ▶ Emotional support
- ▶ General preop teaching
- ▶ Specific training

Complications

- ▶ Lymphedema of the arm
 - ▶ Lifelong potential complication
 - ▶ Prevention
 - ▶ Elevation, ROM, ADLs, protect
 - ▶ Treatment
 - ▶ Intermittent compression sleeve, manual massage, elevation, diuretics
 - ▶ Importance of follow up

Lymphedema, How it occurs



- ▶ **Lymph nodes in and around the breast area**
- ▶ **A** pectoralis major muscle
- B** axillary lymph nodes: levels I
- C** axillary lymph nodes: levels II
- D** axillary lymph nodes: levels III
- E** supraclavicular lymph nodes
- F** internal mammary lymph nodes

QUESTIONS??????