

NOV/DEC 2010 – BREAST DISEASE

CPD questionnaires must be completed online via www.cpdjournals.org.za. After submission you can check the answers and print your certificate. Questions may be answered up to 6 months after publication of each issue.

BENIGN BREAST CONDITIONS IN YOUNG WOMEN

- 1. Which of the following diseases/lifestyles are not associated with breast infections (choose one):**
 - A. HIV
 - B. Smoking
 - C. Alcohol intake
 - D. Diabetes
 - E. Breast-feeding.
- 2. Which one of the following statements about fibroadenomas is true:**
 - A. Cancer is a commoner diagnosis in women between 35 and 40
 - B. They should always be removed
 - C. The majority increase in size
 - D. They may be painful
 - E. They involute during pregnancy.

- 3. True (A) or false (B):**

Rapid breast growth during puberty is common and rarely requires intervention.

MASTALGIA

- 4. True (A) or false (B):**

Surgery is an integral part of the management of mastalgia.
- 5. True (A) or false (B):**

Two-thirds of mastalgia cases are cyclical.
- 6. True (A) or false (B):**

In the investigation of mastalgia, mammography is recommended for women over 35, those with a positive family history and patients with non-cyclical mastalgia.

BREAST CONDITIONS DURING PREGNANCY AND LACTATION

- 7. True (A) or false (B):**

Relief from engorgement is obtained with frequent feeding and/or effective emptying of breast milk.
- 8. True (A) or false (B):**

Breast abscesses result from untreated, delayed, inadequate or incorrect treatment of mastitis.
- 9. True (A) or false (B):**

Mammography of the lactating breast is routinely done for benign lesions.

MINOR SURGERY OF THE BREAST

- 10. True (A) or false (B):**

If the fluid aspirated from a cyst is not bloodstained, there is no need to send it for cytology.

- 11. True (A) or false (B):**

Complex cysts may represent a breast malignancy, typically a papillary cystic carcinoma.

- 12. True (A) or false (B):**

A punch biopsy is usually done when the sample needs to include overlying skin.

APPROACH TO THE DIAGNOSIS OF A BREAST LUMP

- 13. Choose the correct statement with regard to the imaging of breast lesions:**
 - A. It is preceded by tissue biopsy
 - B. It is performed at the discretion of the radiologist
 - C. In the case of a potential malignancy, it is useful to define the extent thereof and to identify occult synchronous and contralateral breast masses
 - D. MRI is now routinely used for the assessment of palpable lesions
 - E. The cancer detection rate of digital mammography is superior to that of standard film mammography.

- 14. True (A) or false (B):**

Fluid aspirated from a breast cyst is always routinely sent for cytological assessment.

GYNAECOMASTIA

- 15. True (A) or false (B):**

Recreational drugs such as alcohol, cannabis and opioids may also cause gynaecomastia.

- 16. True (A) or false (B):**

Laboratory tests to determine the cause of the gynaecomastia are rarely indicated when the clinical assessment is normal.

- 17. True (A) or false (B):**

The mainstay of treatment of gynaecomastia is reassurance.

NIPPLE DISCHARGE

- 18. True (A) or false (B):**

A single-duct bloody nipple discharge always needs further investigation.

- 19. True (A) or false (B):**

Most nipple discharge is benign.

- 20. True (A) or false (B):**

Nipple discharge in a man is a red flag.