



# BREAST CANCER

A Six-Hour Interprofessional Symposium

Saturday, September 23, 2023 | 8:45 a.m. to 4:30 p.m. (ET)

**1199SEIU**  
United Healthcare Workers East

## OBJECTIVES

8:45am	PARTICIPANTS LOGIN
9:20am – 9:30am	<b>Welcome and Introductory Remarks / Program Moderator:</b> Sheldon M. Feldman, MD, FACS
9:30am – 10:30am	<b>“Breast Cancer: Overview and Update”</b> <span style="float: right;"><b>Sheldon M. Feldman, MD, FACS</b></span> <p>Breast cancer is the most common newly diagnosed malignancy among women across the United States. It is estimated that over 295,000 patients will be diagnosed with breast cancer in 2024 and over 50,000 will die from this disease. Understanding the causes and risk factors for developing breast cancer are critical to optimizing strategies for prevention, early detection and most effective minimally invasive treatments. Rapid advances in genetics enable a better understanding of which patients and families should undergo more intensive screening and risk reducing approaches. A thorough review of etiology, epidemiology and genetics will be presented.</p> <p><b>Learning Objectives</b></p> <ol style="list-style-type: none"><li>1. Review the established known causes for breast cancer.</li><li>2. Discuss the epidemiology of breast cancer with understanding the distribution amongst different racial/ethnic groups.</li><li>3. Review the known genetic factors that increase cancer risk and determine surveillance and prevention recommendations.</li></ol>
10:30am – 11:30am	<b>“Screening and Diagnostics”</b> <span style="float: right;"><b>Anjuli M. Gupta, MD</b></span> <p>This session will focus on the evaluation of breast patients. We will review indications for screening versus diagnostic imaging. Discuss when the adjunct use of breast ultrasound and MRI is indicated. Present an overview of the pathophysiology and histology of breast lesions including benign lesions, high risk lesions, DCIS and invasive carcinoma. Discuss the role of high risk screening and risk reduction for patients with elevated risks of breast cancer. Review the workup of a newly diagnosed breast cancer and the multimodality of treatment.</p> <p><b>Learning Objectives</b></p> <ol style="list-style-type: none"><li>1. Explain the role of screening mammography and its ability to detect breast cancer. Discuss the indications of additional screening with ultrasound and MRI.</li><li>2. Review the importance of history and physical exam for breast patients.</li><li>3. Discuss the pathophysiology and histopathology of benign lesions of the breast, high risk lesions, DCIS and invasive carcinoma.</li><li>4. Role of high risk screening for women with increased risk of breast cancer.</li><li>5. Evaluation and workup of newly diagnosed breast cancer.</li></ol>
11:30am – 12:30pm	<b>“Treatment and Management”</b> <span style="float: right;"><b>Maureen P. McEvoy, MD, FACS</b></span> <p>The biology of breast cancer and its management will be reviewed. The work up, staging, and receptor status of breast cancer will be discussed. Details regarding treatment options in terms of surgery types will be covered. Types of radiation will be touched upon. The medical treatments of breast cancer will be discussed.</p> <p><b>Learning Objectives</b></p> <ol style="list-style-type: none"><li>1. Understanding of breast cancer detection.</li><li>2. Knowledge of breast cancer work up.</li><li>3. Fundamentals of breast cancer treatment options.</li><li>4. Overview of breast cancer management.</li></ol>
12:30pm	LUNCH BREAK
1:30pm – 2:30pm	<b>“Survivorship”</b> <span style="float: right;"><b>Janice Simpson, DNP</b></span> <p>Surviving cancer is the mainstay of treatment. It is good news to transition from being a patient to a survivor. The health care community has made great advances in the treatment of cancer, therefore recovery from cancer treatment continues to improve. The number of people living beyond 5 years after treatment for breast cancer, continues to increase. According to the National Cancer Institute Division of Cancer Control &amp; Population Sciences, the number of cancer survivors is projected to increase by 24.4%, to 22.5 million, by 2032. The number of cancer survivors is projected to grow to 26.0 million by 2040. Over the next decade, the number of people who have lived 5 or more years after their diagnosis is projected to increase approximately 30%, to 16.3 million (National Institute of Health, 2022). Survivorship for the breast cancer patient, starts after completing active treatment with surgery, chemotherapy, radiation</p>

or the start of hormonal therapy. Cancer survivorship focuses on improving and maintaining health and wellness in a supportive system, through a variety of care models.

The clinical providers will utilize strategies to assist the survivor with addressing and coping with the long —term and late effects of breast cancer treatment. This may include networking with other specialists and will include evidence-based guidelines related to the disease.

The Institute of Medicine (2005) advocates for enhancing the overall wellbeing of the cancer survivor, and has developed a list of specific recommendations for the care of survivors.

### **Learning Objectives**

1. Understand the term cancer survivor.
2. Demonstrate knowledge of the components of survivorship care.
3. Identify the medical co-morbidities after breast cancer treatment.
4. Discuss the importance of follow up care.

2:30pm – 3:30pm

### **“Nutritional Management”**

**Rachel Padilla, MS, RD, CDN, CSO**

This presentation will go into details regarding nutritional management of breast cancer. It will discuss common nutrition related side effects of the treatments and how to manage them. It also will go into healthy eating and diet recommendation as a means of prevention of breast cancer and survivorship. Recommendations for physical activity are also going to be presented as it is key to prevention of the disease.

### **Learning Objectives**

1. To understand what is the current evidence associated with nutrition recommendations for breast cancer.
2. To learn the role of diet and exercise in optimizing breast cancer treatment and survivorship.
3. To be able to provide key messages as a provider to breast cancer patients regarding nutrition.

3:30pm – 4:30pm

### **“Psychosocial Support: Wellness and Patient Education”**

**Alyson Moadel-Robblee, PhD**

This presentation will offer lessons learned from a NYC cancer wellness program on the psychosocial needs and quality of life challenges facing diverse patients affected by breast cancer. It will also describe patient-centered interventions, featuring peer support, mind-body practices, volunteering, and lifestyle modification, that have been shown to promote emotional and physical recovery. Finally, it will also highlight the concepts of resiliency and posttraumatic growth after a cancer diagnosis and how one can cultivate it in their own lives.

### **Learning Objectives**

1. To describe areas of quality of life that can be affected by a breast cancer diagnosis.
2. To be able to identify at least 3 psychosocial interventions that are known to promote emotional and physical recovery after a breast cancer diagnosis.
3. To be able to define resiliency and posttraumatic growth and how to cultivate it.

4:30pm

**PROGRAM ENDS**