

Breast Cancer Screening

Clinical Guideline



Overview of the Condition/Disease

Definition: Breast Cancer Screening includes tests to detect breast cancer at an early stage. Screening for breast cancer primarily involves mammography.

Pathophysiology: Breast cancer occurs when breast cells grow abnormally. These cells divide more rapidly than healthy cells and can accumulate, forming a mass or lump. These cells can spread or metastasize to other parts of the body.

Types of breast cancer screenings:

- ◆ 2-D Mammograms (recommended)
- ◆ 3-D Mammograms
- ◆ Breast Ultrasounds
- ◆ Breast MRI's



Best Practice Standards for Prevention and Management

Interventions:

- ◆ Starting at age 40, members should talk with their doctor about breast cancer screening and when to start having mammograms
- ◆ Age 40-49, individualized but typically every 2 years
- ◆ Age 50-74, for average risk women, screen every 2 years
- ◆ Screening mammography is the primary method for early detection of breast cancer, it is the only method that has consistently been found to decrease breast cancer-related mortality

Education: Mammography may detect cancer one and half to four years before a cancer becomes clinically evident

Lifestyle changes: Reduce alcohol consumption and quit smoking; regular exercise and a diet rich in fruits, veggies, fish and olive oil may lower the risk of breast cancer.

Additional conditions that negatively impact the condition/disease:

- ◆ Genetic predisposition-BRCA gene carrier
- ◆ Have close relatives who have had breast cancer (mother, sister, or daughter)
- ◆ Increased breast density can impair detection of abnormalities and increase the risk of breast cancer

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Guidelines and Process for Interdisciplinary Team

Female members, age 50-74, should have a mammogram every 2 years

- ◆ Valid tests: Traditional and 3-D Mammograms
- ◆ Exclusions: members in hospice or bilateral mastectomy
- ◆ Schedule appointments early (waiting lists can be months out)
- ◆ Prevention and Wellness Policy



Quality Assurance Monitoring

Quality Management identifies the eligible population and provides care teams with a list to monitor and encourage screenings throughout the year.



References

Patient Education: Breast Cancer Screening (the Basics) Up to Date

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