

# AMA/CME Test 215

## Common Benign Conditions of the Breast

(Test valid through October 31, 2002)

This activity has been planned and produced in accordance with ACCME Essentials.  
The estimated time to complete this activity is 1 hour.

Instructions: Read the article beginning on page 44 and select the best answer for each of the following questions.  
Test form and mailing instructions are on the next page.

1. What proportion of women in their reproductive years experience fibrocystic breast disease (FBD)?
  - a. 40%
  - b. 33%
  - c. 25%
  - d. 10%
2. Breast biopsy findings in a woman with a family history of breast cancer reveal atypical hyperplasia. What is *her* relative risk of developing breast cancer?
  - a. 8.9
  - b. 3.5
  - c. 2.1
  - d. 1.2
3. Women with FBD may gain symptomatic relief by *decreasing* their consumption of:
  - a. fatty foods.
  - b. spicy foods.
  - c. calcium.
  - d. caffeine.
4. Which of these medical treatments has been used successfully in FBD?
  - a. synthetic progestins
  - b. synthetic androgens
  - c. selective estrogen receptor modulators
  - d. all of the above
5. What is the most common benign breast lesion in women *younger* than 25?
  - a. cysts
  - b. fibroadenomas
  - c. phyllodes tumors
  - d. fat necrosis
6. Approximately what proportion of women with fibroadenomas have more than one such lesion?
  - a. 5%
  - b. 10%
  - c. 15%
  - d. 20%
7. How are phyllodes tumors best distinguished from fibroadenomas?
  - a. clinical breast examination
  - b. mammography
  - c. tissue biopsy
  - d. ultrasonography
8. Diagnosis of Mondor's disease is usually based on findings from:
  - a. the history and physical examination.
  - b. mammography.
  - c. tissue biopsy.
  - d. ultrasonography.
9. Approximately what proportion of patients with benign breast disease have an associated nipple discharge?
  - a. 40%
  - b. 50%
  - c. 60%
  - d. 70%
10. Which of the following is *not* a common cause of nipple discharge?
  - a. intraductal papillomas
  - b. galactocele
  - c. mammary duct ectasia
  - d. phyllodes tumors

# THE FEMALE PATIENT® / Test 215

## Common Benign Conditions of the Breast

(Test valid through October 31, 2002. No credit will be given after that date.)

Record your answers here by circling the appropriate letter:

1. a b c d
2. a b c d
3. a b c d
4. a b c d
5. a b c d
6. a b c d
7. a b c d
8. a b c d
9. a b c d
10. a b c d

Name

*(Please print)*

*Last*

*First*

*Initial*

Specialty

Address

City

State/ZIP

Phone #

For you to obtain credit, 70% or more of your answers must be correct. To cover costs of processing, please enclose a check for \$10, which is tax-deductible, payable to the Division of Continuing Medical Education (TFP), and mail with this answer sheet to:

**TFP-CME BOX #2**  
QUADRANT HEALTHCOM INC.  
26 Main St.  
Chatham, NJ 07928-2402

Participants will receive certification for their records in approximately 10 to 12 weeks.

### Course Evaluation

Albert Einstein College of Medicine would like to have your opinion. Your evaluation will help us to plan future CME tests for THE FEMALE PATIENT®. We urge you to complete this questionnaire and mail it back to us with your completed test. Thank you for your cooperation.

1. How do you rate the information in this article?

Superior       Satisfactory       Unsatisfactory

2. Will the materials presented influence the way you treat your patients?       Yes       No

3. Did this activity meet its objectives?

Yes       No

4. What recommendations do you have to improve this activity?

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5. Were any portions of this activity unsatisfactory or inappropriate? If so, which ones?

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6. Do you find the information presented in this activity to be fair, objective, and balanced?       Yes       No

7. What subjects would you include in future activities?

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8. In your opinion, were the authors biased in their discussion of any commercial product or service?

Yes       No

Comments

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