



# COPE Library™

## Breast Surgeons Edition

### General Education

Breast Self-Exam; 0106  
Caffeine Connection; 0107  
Frequently Asked Questions About the Breasts; 0108

### Breast Anatomy Graphics

Breast Anatomy - Female; 0201  
Breast Anatomy - Male; 0206  
Breast Anatomy - Male and Female Comparison;  
0207 *Updated*  
Breast Diagram - Female; 0202 *Updated*  
Breast Diagram - Male; 0208 *NEW*  
Female Breast and Breast Diagram; 0203 *Updated*  
Internal Female Breast Diagram; 0204 *Updated*  
Stages of Nodularity; 0205

### Assessment Tools

Adjusting to Loss Assessment; 0401  
Anxiety Assessment; 0402 *Updated*  
Biopsy: Pre/Post Assessment; 0403  
Breast Abnormality Patient Referral; 0405  
Breast Pain Assessment; 0406 *Updated*  
Breast Patient: Clinical Referral; 0407 *Updated*  
Clinical Breast Assessment; 0408 *Updated*  
Decision-Making and Support Styles Assessment;  
0409 *Updated*  
Female Sexual Function Index (FSFI)®; 0411  
Female Sexual Function Index (FSFI)® Scoring; 0412  
*Updated*  
General Pain: Daily Self-Assessment; 0414  
I've Found a Lump: Preparing for Physician's Exam;  
0415 *Updated*  
Lymphedema Assessment; 0416  
Male Breast Health Assessment; 0417  
Mood Assessment: Post-Diagnosis; 0418  
Mood Assessment: Post-Treatment; 0419  
Patient Support Needs Assessment; 0420 *Updated*  
Quality of Life Assessment; 0421 *Updated*  
Range of Motion Assessment (Female Patient); 0422  
Range of Motion Assessment (Male Patient); 0426  
Resource Needs Assessment; 0423

### Breast Imaging Procedures

3-D Mammography — Tomosynthesis; 0515  
Additional Mammography Views: Spot Compression  
and Magnification; 0501  
Breast-Specific Gamma Imaging (BSGI); 0502  
Calcifications - Microcalcifications; 0503 *Updated*  
Compression During Mammography; 0504 *Updated*  
Digital Mammography; 0505  
Galactography; 0506  
Implants and Mammography; 0507  
Magnetic Resonance Imaging (MRI) of the Breast  
(Female Patient); 0508 *Updated*  
Magnetic Resonance Imaging (MRI) of the Breast  
(Male Patient); 0516 *Updated*  
Mammography Exam: Patient Overview; 0509  
Mammography Report From Radiologist; 0510  
Mammography Report Terminology; 0511  
Methylene Blue Dye Localization; 0512  
Obtaining the Optimal Mammogram; 0513  
Radiation Exposure Concerns; 0514

### Biopsy Procedures

Biopsy Risks; 0601  
Biopsy Types: Overview; 0602  
Breast Biopsy: Patient Instructions (Female Patient);  
0603 *Updated*  
Breast Biopsy: Patient Instructions (Male Patient);  
0620 *Updated*  
Core Needle Biopsy; 0604 *Updated*  
EnCapsule Biopsy; 0605  
Excisional Biopsy; 0606 *Updated*  
Fine Needle Aspiration (FNA); 0607 *Updated*  
Fine Needle Aspiration (FNA) of a Cyst; 0608 *Updated*  
Incisional Biopsy; 0609 *Updated*  
Intact™ Biopsy; 0610  
Large Core Biopsy — ABBI®; 0611  
Magnetic Resonance Breast Imaging (MRI): Breast  
Biopsy; 0612 *Updated*  
Magnetic Resonance Breast Imaging (MRI): Needle  
Localization; 0613 *Updated*  
Mammotome® Breast Biopsy; 0614 *Updated*  
Needle Localization (Wire Localization): Breast  
Abnormality; 0615 *Updated*

Needle Localization (Wire Localization): Patient Instructions; 0616 *Updated*  
Skin Punch Biopsy; 0619  
Stereotactic Breast Biopsy; 0617 *Updated*  
Ultrasound Guided Breast Biopsy; 0618 *Updated*

### **Benign Breast Conditions**

Accessory Breast Tissue; 0701 *Updated*  
Atypical Hyperplasia; 0702 *Updated*  
Breast Abscess; 0703 *Updated*  
Breast Cellulitis; 0704 *Updated*  
Breast Cysts; 0705 *Updated*  
Breast Pain (Female Patient); 0706  
Breast Pain (Male Patient); 0725 *Updated*  
Dense Breasts; 0723  
Duct Ectasia - Periductal Mastitis; 0707 *Updated*  
Fat Necrosis Tumor; 0708 *Updated*  
Fibroadenoma; 0709 *Updated*  
Fibrocystic Changes; 0710  
Galactocele; 0711 *Updated*  
Gynecomastia - Male; 0712 *Updated*  
Hamartoma of the Breast; 0722 *Updated*  
Itching Breasts; 0713  
Lipomas; 0714 *Updated*  
Mastitis; 0715 *Updated*  
Mondor's Syndrome; 0716 *Updated*  
Nipple Discharge (Female Patient); 0717 *Updated*  
Nipple Discharge (Male Patient); 0724 *Updated*  
Papilloma; 0718 *Updated*  
Radial Scar; 0719 *Updated*  
Sclerosing Adenosis; 0720 *Updated*  
Shingles (Herpes Zoster); 0721 *Updated*

### **Breast Cancer Characteristics**

Breast Cancer Growth Rate: How Long Has It Been There?; 0801 *Updated*  
Cancer Growth Rate; 0802 *Updated*  
Cancer Progression Process; 0803 *Updated*  
Estrogen and Progesterone Receptor Status; 0804 *Updated*  
Grading of Invasive Breast Cancer; 0805  
Pathology Report; 0806 *Updated*  
Stages of Breast Cancer; 0807  
Staging of Breast Cancer: Patient Explanation; 0808  
Tumor Markers; 0809 *Updated*  
What Is Breast Cancer? (Female Patient); 0810 *Updated*  
What Is Breast Cancer? (Male Patient); 0811 *Updated*

### **Breast Cancer Types**

Apocrine Carcinoma; 0901  
Cancer During Pregnancy: Most Frequently Asked Questions; 0902  
Carcinoma In Situ: Comedo Pattern; 0903 *Updated*  
Ductal Carcinoma In Situ (Female Patient); 0905 *Updated*  
Ductal Carcinoma In Situ (Male Patient); 0918 *Updated*  
Ductal Carcinoma In Situ: Surgical Management (Female Patient); 0906 *Updated*  
Ductal Carcinoma In Situ: Surgical Management (Male Patient); 0919 *Updated*  
Inflammatory Carcinoma (Female Patient); 0909 *Updated*  
Inflammatory Carcinoma (Male Patient); 0922 *Updated*  
Invasive (Infiltrating) Ductal Carcinoma (Female Patient); 0907 *Updated*  
Invasive (Infiltrating) Ductal Carcinoma (Male Patient); 0920 *Updated*  
Invasive (Infiltrating) Lobular Carcinoma (Female Patient); 0908 *Updated*  
Lobular Carcinoma In Situ; 0910 *Updated*  
Lymphoma of the Breast; 0911 *Updated*  
Male Breast Cancer; 0912 *Updated*  
Medullary Carcinoma; 0913 *Updated*  
Mucinous Carcinoma; 0914 *Updated*  
Paget Disease; 0915 *Updated*  
Papillary Carcinoma; 0916 *Updated*  
Phyllodes Tumor — Cystosarcoma; 0904 *Updated*  
Tubular Carcinoma; 0917 *Updated*

### **High Risk and Genetic Testing**

BRCA Genetic Testing (Female Patient); 1001 *Updated*  
BRCA Genetic Testing (Male Patient); 1008 *Updated*  
BRCA Genetic Testing: Negative Result (Female Patient); 1002  
BRCA Genetic Testing: Negative Result (Male Patient); 1009  
BRCA Genetic Testing: Positive Result (Female Patient); 1003 *Updated*  
BRCA Genetic Testing: Positive Result (Male Patient); 1010 *Updated*  
BRCA Genetic Testing: Uncertain Result; 1004  
High Risk Recommended Reading List; 1005  
High Risk: Lifestyle Modifications (Female Patient); 1006  
High Risk: Lifestyle Modifications (Male Patient); 1011 *Updated*  
I'm High Risk: What Do I Do?; 1007 *Updated*

## **Surgery**

Areola-Sparing Mastectomy; 1153 **Updated**  
Breast Cancer Surgery Preparation (Female Patient); 1101 **Updated**  
Breast Cancer Surgery Preparation (Male Patient); 1137 **Updated**  
Breast Cancer Surgery: Patient Instructions (Female Patient); 1102 **Updated**  
Breast Cancer Surgery: Patient Instructions (Male Patient); 1138  
Breast Self-Exam After Lumpectomy (Female Patient); 1135 **Updated**  
Breast Self-Exam After Lumpectomy (Male Patient); 1151 **Updated**  
Breast Self-Exam After Mastectomy (Female Patient); 1130 **Updated**  
Breast Self-Exam After Mastectomy (Male Patient); 1152 **Updated**  
Drain Bulb Record; 1105 **Updated**  
Drains: Care and Instructions; 1106 **Updated**  
Exercise and Care of the Surgical Arm (Female Patient); 1131 **Updated**  
Exercise and Care of the Surgical Arm (Male Patient); 1136 **Updated**  
Hematoma (Female Patient); 1107 **Updated**  
Hematoma (Male Patient); 1141 **Updated**  
Hemorrhage (Bleeding) After Breast Surgery; 1108 **Updated**  
How Physicians Make Surgical Decisions; 1109 **Updated**  
Informed Consent; 1110  
Lumpectomy (Female Patient); 1111 **Updated**  
Lumpectomy (Male Patient); 1142 **Updated**  
Lumpectomy: Discharge Instructions; 1112 **Updated**  
Lumpectomy/Mastectomy Comparison (Female Patient); 1113 **Updated**  
Lumpectomy/Mastectomy Comparison (Male Patient); 1143 **Updated**  
Lymphatic System: Understanding Its Role (Female Patient); 1114 **Updated**  
Lymphatic System: Understanding Its Role (Male Patient); 1144 **Updated**  
Male Gynecomastia: Surgical Correction; 1115 **Updated**  
Mastectomy (Female Patient); 1116 **Updated**  
Mastectomy (Male Patient); 1145 **Updated**  
Mastectomy: Discharge Instructions; 1117 **Updated**  
Medications That Increase Bleeding; 1132  
Nipple-Sparing Mastectomy (Female Patient); 1118 **Updated**

Nipple-Sparing Mastectomy (Male Patient); 1147 **Updated**  
Peripherally Inserted Central Catheter (PICC Line); 1133  
Sentinel Lymph Node Mapping: Why? (Female Patient); 1119 **Updated**  
Sentinel Lymph Node Mapping: Why? (Male Patient); 1148 **Updated**  
Sentinel Lymph Node Surgery (Female Patient); 1120 **Updated**  
Sentinel Lymph Node Surgery (Male Patient); 1149 **Updated**  
Seroma; 1121 **Updated**  
Skin-Sparing Mastectomy; 1122  
Surgical Decision: Patient Self-Assessment; 1123  
Surgical Incision Care (Female Patient); 1124 **Updated**  
Surgical Incision Care (Male Patient); 1150 **Updated**  
Surgical Incision: Infection; 1125  
Tissue Necrosis: Debridement; 1126

## **Treatments**

3D-Conformal Radiation; 1337 **NEW**  
Breast Brachytherapy: Accelerated Partial Breast Irradiation (APBI); 1302 **Updated**  
Breast Brachytherapy: MammoSite®; 1301  
Breast Cancer Index<sup>SM</sup> (BCI); 1327 **Updated**  
CONTURA® MLB Catheter: Accelerated Partial Breast Radiation (APBI); 1338 **NEW**  
MammoSite®: Accelerated Partial Breast Irradiation (APBI); 1341 **NEW**  
Oncotype DX™ Breast Recurrence Score: DCIS; 1336 **NEW**  
Oncotype DX™ Breast Recurrence Score: Invasive Breast Cancer; 1322 **Updated**  
SAVI™ Accelerated Partial Breast Irradiation (APBI); 1342 **NEW**  
Second Opinions; 1324 **Updated**

## **Treatment Side Effects**

Care of the Surgical Arm After Breast Surgery; 1417  
Cellulitis: Infection of the Surgical Arm; 1418  
Costochondritis; 1422 **Updated**  
Frozen Shoulder: Adhesive Capsulitis; 1435  
Lymphedema (Female Patient); 1453 **Updated**  
Lymphedema (Male Patient); 1490 **Updated**  
Lymphedema Management; 1454  
Lymphedema and Weight-Lifting Exercise; 1455  
Medications That Increase Bleeding Potential; 1456 **Updated**

## Medications

Ambien® (zolpidem) (Female Patient); 1505  
Ambien® (zolpidem) (Male Patient); 1588  
Arimidex® (anastrozole); 1510  
Aromasin® (exemestane); 1511  
Ativan® (lorazepam) (Female Patient); 1512  
Ativan® (lorazepam) (Male Patient); 1589  
Femara® (letrozole) (Female Patient); 1521  
Femara® (letrozole) (Male Patient); 1564  
Nolvadex® (tamoxifen) (Female Patient); 1535  
Nolvadex® (tamoxifen) (Male Patient); 1571  
Xanax® (alprazolam) (Female Patient); 1547  
Xanax® (alprazolam) (Male Patient); 1580

## Cancer Diagnostic Tests/Procedures

Bone Scan Preparation; 1601  
Brain Computed Tomography: CT or CAT Scan  
*Updated*  
Computed Tomography (CT) Scan; 1603 *Updated*  
Intravenous Pyelogram (IVP): Patient Instructions;  
1604  
Liver Scan: Patient Instructions; 1605  
MRI (Magnetic Resonance Imaging): Patient  
Instructions; 1606  
PET (Positron Emission Tomography) Scan: Patient  
Instructions; 1607 *Updated*  
Ultrasound (US); 1608 *Updated*

## Metastatic Disease

Bone Metastasis; 1701  
Brain Metastasis; 1702  
Cancer Metastasis; 1703  
Carcinomatous Meningitis; 1704  
Liver Metastasis; 1705 *Updated*  
Lung Metastasis; 1706 *Updated*  
Pleural Effusion; 1707 *Updated*  
Recurrent Breast Cancer; 1709  
Spinal Cord Compression; 1709  
Why Chemotherapy Is Necessary; 1710  
Why Did My Cancer Metastasize After  
Chemotherapy?; 1711  
Why Did My Cancer Metastasize?; 1712

## Patient Support

American Cancer Society Screening Guidelines:  
Breast Cancer; 1801 *Updated*  
Depression After Cancer; 1803  
Exercise Prescription After Breast Cancer; 1805  
Facing the Future After a Breast Cancer Diagnosis;  
1806  
Follow-Up Care After Breast Cancer: Monitoring Your  
Future Health (Female Patient); 1807 *Updated*

Follow-Up Care After Breast Cancer: Monitoring Your  
Future Health (Male Patient); 1821 *Updated*  
Grief and Loss After Breast Cancer; 1808  
Living Wills - Advanced Directives; 1811  
My Prayer During Breast Cancer; 1813  
Newly Diagnosed Patient Navigation Guide; 1814  
*Updated*  
Pregnancy After Breast Cancer; 1815  
Prosthesis Selection; 1816  
Reading Recommendations; 1817 *Updated*  
Resources for Breast Cancer Patients; 1818  
Sexuality After Breast Cancer (Female Patient);  
1819  
Sexuality After Breast Cancer (Male Patient); 1822  
Sexuality and the Single Woman; 1820

## Family Support

After Your Mother's or Sister's Breast Cancer; 1901  
Comfort Measures for the Homebound Patient; 1902  
Helping Someone You Love Who Has Cancer; 1903  
Message to Family Members of Cancer Patients;  
1904  
My Daughter's Breast Cancer; 1905  
Support Partner Guide; 1906 *Updated*  
The Dying Patient: A Caregiver's Guide; 1907

## Complementary Therapies

Acupuncture; 2017  
Alternative and Complementary Therapies for  
Cancer; 2001  
Aromatherapy; 2002  
Art Therapy; 2003  
Biofeedback; 2004  
Cancer Treatment Terminology and Information  
Resources; 2005  
Chiropractic; 2006  
Counseling and Psychotherapy; 2007  
Diet Therapies; 2008  
Energy Healing; 2009  
Hypnotherapy; 2010  
Journaling; 2011  
Massage Therapy; 2012  
Meditation; 2013  
Music Therapy; 2014  
Reflexology; 2015  
Yoga; 2016

### ***Breast Health Navigator Tools***

Breast Health Navigator: Patient Assessment; 2101  
Patient Communication Planner; 2106  
Patient Contact Permission Form; 2107  
Patient Information Needs Assessment; 2108  
Patient Treatment Barriers Assessment; 2109

### ***Patient Records***

Breast Cancer Diagnostic History; 2201  
Breast Health History; 2203  
Family Cancer History Assessment; 2204  
Healthcare Team Record; 2205 Update  
Patient Surveillance Recommendations; 2206

### **COPE Library: *Breast Surgeons Edition***

**Revision Date: 02.2019**

**Topic Count: 576**