

Breast Lump history

Patient profile

Name , Age , **occupation** (workers with radiation exposure) , **Marital status** , time of Admission (OPC or ER)

Chief Complaint with duration

Usually breast lump for X duration

HPI

Socrates

Site

Ask about the location of the breast lump:

- “Where is the breast lump?” Right , left , bilateral , and in which quadrant
- “Can you point to where the breast lump is?”

Onset :

Clarify when the breast lump developed:

- “When did you first noticed the breast lump?”
- “How long have you been aware of the breast lump?”

Character

Ask about the specific characteristics of the breast lump:

- “Does the breast lump feel soft or hard?”
- “Does the breast lump feel smooth or irregular?”
- “Is the breast lump painful?”

Radiation

If pain is associated with the breast lump, ask if this radiates:

- “Does the pain from the lump move anywhere else?”

Time course

first presentation?

Multiplicity: Are there any other masses? Persistence: Does it ever disappear?

Clarify how the breast lump has changed over time:

- “Has the breast lump changed in size or the way it feels over time? Has it become more painful? ”
- “Over what time period has the change occurred?” Cancer is faster in progression than benign causes
- “Is the lump’s size or discomfort related to the menstrual cycle in any way?”

Exacerbating or relieving factors

Ask if anything appears to have triggered the onset of a breast lump:

- “Did the breast lump develop after a specific incident, such as breast trauma?”

If breast lump pain is present, ask if anything makes it worse or better:

- “Does anything seem to trigger the pain?”
- “Does anything improve the pain?”

Severity

Assess the severity of any associated pain by asking the patient to grade it on a scale of 0-10:

- “On a scale of 0-10, how severe is the pain, if 0 is no pain and 10 is the worst pain you’ve ever experienced?”

Associated symptoms

Ask if there are other symptoms which are associated with the breast lump:

- Nipple discharge (unilateral , or bilateral | | spontaneous or induced | | Nature(blood , milk , greenish Or serous) | | lactating or not
- Nipple inversion
- Areola : changes in shape ,color ,skin ,thickness, discharge, ulcers
- Erythema , ulceration , dilated veins
- Dimpling (peau d'orange)
- Fever , night sweats , arm or axillary swelling
- Non intentional Weight loss & Anorexia
- Malaise & fatigue
- Painless > painful Lymphadenopathy: typically involving the lymph nodes of the axilla and neck

Symptoms of Metastasis :

For Lung : cough with hemoptysis , SOB

For brain : New headache, awaken her from sleep **zZ** , usually the worst headache in her life , mainly in the morning , with projectile vomiting, imbalance , changes depend on location

For bone : new onset **localized** pain (Axial bones , ribs , iliac bones >> long bones 🦴) , compressed fractures

For liver : RUQ pain , jaundice, Ascites (بطنك ناfox زي القربة) , bleeding tendency 🩸

Systemic review

Risk factors 🔥

Age during first pregnancy?

No. of children and miscarriage ? And the time between each pregnancy

How many of your children did you breastfeed?

Weight? (obesity is a risk factor) & Physical inactivity

Radiation therapy : therapeutic treatment or workers

Menstrual cycle :

Duration: early menarche and late menopause

Menstrual pattern? - Regular vs. Irregular

Quantity of bleeding during menses

Are the symptoms altered with menses?

Past Medical History

DM , HTN

Previous breast , ovarian cancer , uterine cancer(or any type of cancer) ?

Previous Hx of a breast mass (even if it benign) ?

Previous chemo or radiotherapy?

Previous repetitive biopsies

Past Surgical History

Family history

Related cancers you should ask about ;

Prostate cancer , uterine cancer, ovarian cancer , pancreatic cancer, breast cancer , colon cancer , thyroid cancer

Who ? {Ask about first degree relatives (mother, daughters, sisters) and second degree}

At any age he/she was diagnosed with cancer ? **No of cancer pt**

Drug history

Oral Contraceptive Pills , Hormonal Replacement Therapy , IVF

Social history

Smoking , Alcohol

Investigations and Imaging

Imaging :

-Mammogram : > 30 y

Shows micro-calcification

-US : < 30 y

Differentiates solid from cystic masses

-Breast MRI

Biopsy :

FNA

CNB ✨

Surgical excisional biopsy

For metastasis:

-Bone , brain CT , LFT , CXR , PET scan

-CBC with differential and platelets count

-Chemistry and renal function study

-Tumor markers CA15.3 >> for future follow up

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