

### Objectives

- Describe the epidemiology, etiology and symptoms and pathology of benign and malignant breast disease
- Identify the evaluation techniques to evaluate benign and malignant breast disease
- Compare and contrast primary from secondary dysmenorrhea
- Define menopause
- Review the physiology and physical signs of menopause
- Discuss the physical and psychosocial problems associated with menopause and their treatments

### Content Outline

1. Benign Breast Disease
  - 1.1 Epidemiology
  - 1.2 Etiology
  - 1.3 Symptoms
  - 1.4 Pathophysiology
2. Malignant Breast Disease
  - 2.1 Epidemiology
  - 2.2 Etiology
  - 2.3 Symptoms
  - 2.4 Pathophysiology
3. Evaluation Techniques in Detecting Breast Disease
  - 3.1 Mammogram
  - 3.2 Breast Ultrasound
  - 3.3 Breast MRI
  - 3.4 Tissue sampling
4. Dysmenorrhea in Adolescents
  - 4.1 Primary dysmenorrhea
  - 4.2 Secondary dysmenorrhea
  - 4.3 Evaluation techniques
  - 4.4 Treatment
    - 4.4.1 Drug therapies
    - 4.4.2 Non-traditional therapies
5. Menopause
  - 5.1 Definition
  - 5.2 Physiology
  - 5.3 Physical signs
  - 5.4 Evaluation techniques
  - 5.5 Treatment of Problems
    - 5.5.1 Physical
    - 5.5.2 Psychosocial

### Reading Material Resources

This self assessment module is based on the resources listed below. A copy of each article is included with the module.

“Breast disease: Benign and Malignant”, Meisner, Angela L.W., et al., The Medical Clinics of North America, Volume 92, 2008, pp. 1115-1141

“Evaluation and Management of Dysmenorrhea in Adolescents”, Sanfilippo, MD, Joseph, et al., Clinical Obstetrics and Gynecology, Volume 51, No. 2, June 2008, pp. 257-267

“Menopause”, Weismiller, MD, David G., Primary Care Clinical Office Practice, No. 36, 2009, pp. 199-226