**Study Questions**

**Chapter 14: Breasts and Regional Nodes**

1. The following is not true of gynecomastia:
   1. It may occur normally in adolescent and elderly males.
   2. It is usually unilateral.
   3. It is usually temporary.
   4. It negates the need for regular breast self-exam.

Answer: d

Rationale: Men should perform breast self-examination every month.

1. When examining breasts, regional lymph nodes should also be examined. Which of the following regional nodes are inaccessible by palpation?
   1. axillary
   2. subscapular
   3. internal mammary
   4. infraclavicular

Answer: c

Rationale: The internal mammary nodes are very deep in the chest wall.

1. Thickening or edema of the breast tissue with enlarged skin pores is known as:
   1. striae.
   2. peau d’orange.
   3. hypertrophy.
   4. gynecomastia.

Answer: b

Rationale: This condition literally has the appearance of the skin of an orange and may be indicative of obstructed lymphatic drainage due to a tumor.

1. While assessing the breasts of your 55-year-old patient, you observe dimpling with erythema in the upper outer quadrant of her left breast. With palpation you note a firm, nonmobile, nontender mass which has an irregular shape. These findings most likely occur with the following condition:
   1. gross cysts
   2. fibroadenomas
   3. carcinomas
   4. Paget’s disease

Answer: c

Rationale: These are characteristics of carcinoma.

1. Your patient has had a unilateral modified radical mastectomy. Before being discharged home, she asks about whether she should continue her regular breast self-exams. An appropriate reply would be:
   1. You do not need to perform the exams after a mastectomy.
   2. You should continue to perform monthly exams on both sides.
   3. You should perform monthly exams only on the side with the mastectomy, in case the cancer recurs.
   4. You should perform monthly exams only on the unaffected side, since you no longer have breast tissue on the side with the mastectomy.

Answer: b

Rationale: Monthly self-exams should continue on both sides, because masses can develop anywhere.

1. Your patient is asking about breast reduction surgery and possible complications. Which of the following is unlikely to occur?
   1. hematoma
   2. infection
   3. extreme firmness of tissue
   4. scarring

Answer: c

Rationale: Firmness would be expected following breast augmentation surgery, not reduction.

1. Which of the following tests is not usually performed to determine etiology of breast masses?
   1. mammography
   2. ultrasonography
   3. computed tomography
   4. biopsy

Answer: c

Rationale: Answers (a), (b), and (d) are common tests for breast masses.

1. The following is true of breast tissue in elderly people:
   1. Breasts feel increasingly lobular instead of granular.
   2. Connective tissue is replaced by adipose tissue.
   3. Nipples become smaller and flatter.
   4. There is decreased incidence of breast cancer after age 50.

Answer: c

Rationale: Breasts feel more granular instead of lobular, and adipose tissue is replaced by connective tissue. The incidence of breast cancer increases after age 50.

1. You are instructing your patient on breast self-examination. You might tell her to do all of the following except which one?
   1. Perform it monthly during her menstrual period.
   2. Teach her how to palpate each breast while lying supine.
   3. Teach her how to palpate each breast while standing up.
   4. Teach her to inspect her breasts while standing in front of a mirror.

Answer: a

Rationale: Breast self-examination should be done eight days after the menstrual period to minimize breast tenderness.