

How to Earn Continuing Education Credit

- After reading the course material and completing the test, send your answer form and evaluation with payment of \$8 per contact hour to:

OnlineCE ~ CE Health
 SPC Caruth Health Education Center
 PO Box 13489
 St Petersburg FL 33733-3489
 Phone (727) 341-4468

Please make check or money order payable to SPC, or pay with credit card (Visa or MasterCard).

- This answer form must be postmarked by July 1, 2007. (Courses are valid for 2 years from initial publishing date, except Domestic Violence and HIV/AIDS which are valid for 1 year only.)

- To earn 1.0 contact hour of continuing education, you must achieve a score of 75% (9 of 12 correct). If you do not pass the test, you may take it again at no additional charge.

- Certificate of completion will be forwarded to you within 30 days of receipt of your answer form.

- You may e-mail us with information or inquiries regarding this CE program:

VsignsCE@spcollege.edu

- Provider Number for Florida State Board of Nursing--#3144, OT and OTA--59, Physical Therapy (FPTA Approved), Respiratory Therapy.

- Website for all Online Courses:

www.OnlineCE.net

Exam 268 ~ WHY ME? Breast Cancer Basics 1

Please mark your final choices on the answer grid below. Pick the most correct answer.

- Comparing risk among people with a specific risk factor versus a reference population without that same risk factor is considered:
 - absolute risk
 - relative risk
 - assumed risk
 - attributable risk
- The percentage of breast cancer that occurs in women over 50 is:
 - nearly 90%
 - around 50%
 - below 75%
 - about 80%
- Early menstruation (before age 12) or late menopause (after 55) are significant to breast cancer because they:
 - suggest endocrine irregularities
 - imply nutritional deficits
 - represent increased estrogen exposure over the lifetime
 - signify hormonal deficits
- In terms of risk for cancer, routine diagnostic x-rays such as chest x-rays or mammograms are considered:
 - cumulative over time
 - negligible
 - cause for caution over age 65
 - contraindicated during puberty without compelling reason
- A biopsy procedure that tracks radioisotopes and blue dye from the tumor site through the lymphatic system into the axillary nodes is the:
 - sentinel node biopsy
 - stereotactic biopsy
 - axillary dissection biopsy
 - advanced breast biopsy instrumentation
- In the body, genistein (the estrogen like molecule found in soy) is activated by:
 - insulin
 - phytoestrogens
 - cruciferous vegetable byproducts
 - bacteria in the intestine
- Which food source contains but a miniscule amount of soy and shouldn't be relied upon as a source of soy protein?
 - Miso soup
 - seasoned tofu
 - soy milk
 - soy sauce
- "Good" fats include fish oils, olive oil, flaxseed oil and:
 - polyunsaturated vegetable oil
 - extra virgin corn oil
 - canola oil
 - soybean oil
- "Bad" fats are called:
 - omega-6
 - omega-3
 - omega-9
 - omega-5
- When surgery is indicated for a breast mass on an abnormal mammogram or biopsy, there are two basic options:
 - TRAM flap or LAT flap
 - Halstead radical or segmental mastectomy
 - axillary node dissection or sentinel node biopsy
 - wide local excision (lumpectomy) or mastectomy
- Which type of biopsy (also called a stereotactic biopsy when used in conjunction with a stereotactic imaging machine to pinpoint the lump) uses a thick needle to remove a relatively large plug for a cell sample, and is usually done in a radiology setting?
 - fine needle aspiration
 - sentinel node biopsy
 - core biopsy
 - advanced breast biopsy with instrumentation
- Determining the type of mastectomy depends on type of cancer, location of tumor, size of tumor, tumor size relative to breast size, and:
 - age of patient
 - other health issues such as concurrent illnesses
 - health insurance coverage
 - geographic region of the hospital

Answer Grid for Exam 268

1.	2.	3.	4.	5.	6.
7.	8.	9.	10.	11.	12.

General Information

Name _____ Date _____
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 State _____ ZIP _____
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(as it appears on your professional license)

Total contact hours 1
 Total cost (contact hrs x \$8) \$ 8.00

Course and Instructor Evaluation

#268 WHY ME? Breast Cancer Basics 1: Risks, Diagnostics, and Interventions by Jean Penny, Ph.D., M.S.N., A.R.N.P.

- I am able to meet the course objectives. Yes No
- The subject matter was current and accurate. Yes No
- The course materials were appropriate and effective. Yes No
- This course met my professional educational needs. Yes No
- The relationship of test to objectives was appropriate. Yes No
- Does your place of employment provide health care to underinsured, uninsured or Medicaid patients? Yes No
- It took _____ minutes to complete this course.

Other courses you would like to see offered:

I certify the information given here is true and correct: Yes No

Signature _____
(as it appears on your professional license)

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