



Empowering Patients To COPE One Topic at a Time


Breast Health Edition

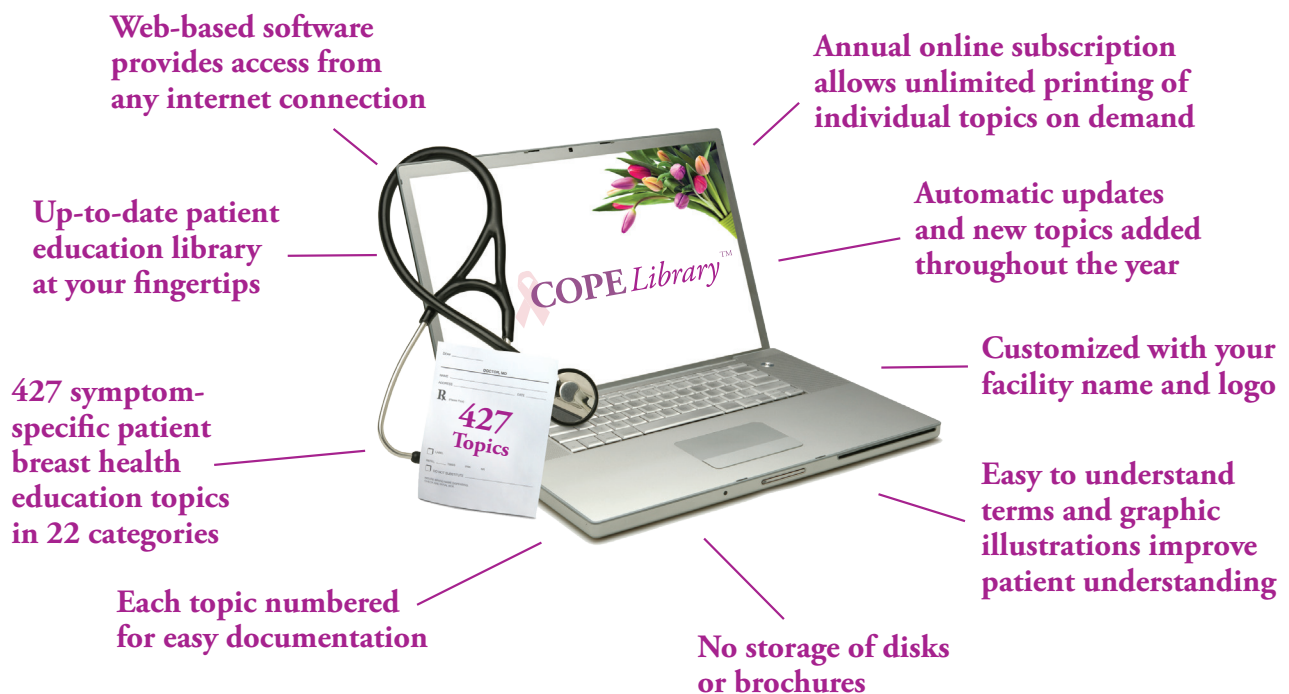


COPE *Library*TM

Cancer Online Patient Education

427 Breast Health Topics

The new  **COPE** *Library*TM helps you educate your patients. Easily provide each patient with information that answers their questions about procedures, treatments and side effects.



\$999 Annual Subscription
(1 – 3 Users in the Same Facility)
Additional User(s): \$99 per User

Empowering Patients To COPE Through Understanding

427 Breast Health Topics in 22 Categories

Provide Physicians and Nurse Educators With a
Comprehensive Breast Health Library for Patient Education.

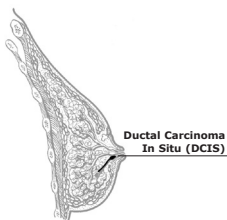


Breast Health Center
3294 Ashley Phosphate Road
North Charleston, SC 29418
843.760.6064

Ductal Carcinoma In Situ

Definition of terms:

- Benign** — Not cancerous; no threat to the body
- Carcinoma** — Cancer cells that start in surface layers or lining of the ducts
- Malignant** — Cancerous; threat to the body
- Mastectomy** — Removal of a breast by surgery
- Metastasis** — Spread of cancer to other parts of the body
- Microcalcifications** — Small areas of calcium deposits seen on mammography; may be related to a malignant or benign condition
- In situ** — In one contained area
- Lumpectomy** — Removal of a lump and some surrounding tissues in the breast
- Lymph nodes** — Pea-like areas in the lymphatic system that act as filters of the body's cellular waste; lymph nodes under the arms filter waste from breast tissues
- Radiation Therapy** — Treatment with X-rays to kill cancer cells

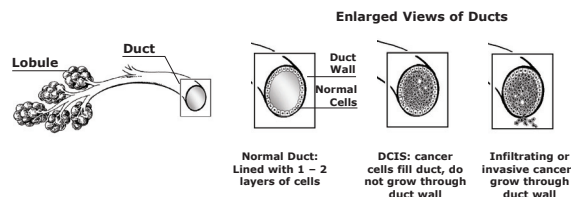


Ductal carcinoma in situ is a pre-invasive cancer. This condition may have a potential for continuing to proliferate (grow) into an invasive (grows through the duct walls) cancer. Excessive overgrowth of abnormal cells has filled the ducts in which the disease is located. Some authorities refer to the condition as "non-invasive cancer" and others as "pre-cancer."

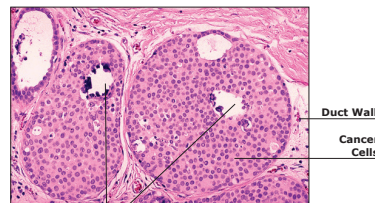
Most ductal carcinomas in situ are found by mammography when microcalcifications are observed in a clustered pattern. Usually, five or more calcifications in a very close area will be cause for the radiologist to study carefully the shape of the calcifications. If the shapes are suspicious, a biopsy, using needle localization or stereotactic technique, will be used to locate the findings and a biopsy will be performed. Sometimes a thickening or a soft mass will be found in the area of the breast. Occasionally, a nipple discharge will be a symptom of ductal carcinoma in situ.

Each topic is customized with your facility logo and information

When a biopsy of the area confirms ductal carcinoma in situ, you have a pre-invasive cancer that has potential to spread and threaten your life. Your physician will offer you several treatment options for carcinoma in situ, including: mastectomy, which offers a nearly 100% cure rate; lumpectomy with radiation therapy; lumpectomy without radiation therapy; or, rarely, continued observation. A careful look at the extent of the disease, your age, family history and other factors will be considered in selecting the treatments appropriate for you.



Pathology Slide of Intraductal Carcinoma



The two large areas in the center contain microcalcifications

Cancer cells are still within the ducts and have not broken through the duct wall into surrounding tissues. The two large white areas in the center contain microcalcifications that can appear on mammography.

Facility Benefits:

- Saves doctors' and nurses' time
- Provides appropriate education for your patient's specific condition and needs
- Increases patient's understanding and compliance
- Reduces potential for malpractice

Samples above are reduced to show content. All pages are 8.5 x 11.
For more samples please visit www.EduCareInc.com



www.EduCareInc.com

800.849.9271

Breast Health Edition | Topic Directory

General Education

Antiperspirants and Breast Cancer 0101
Bra Fitting 0102
Breast Cancer Facts 0103
Breast Cancer Misconceptions 0104
Breast Cancer Statistics 0105
Breast Self-Exam 0106
Caffeine Connection 0107
Frequently Asked Questions About the Breasts 0108

Breast Anatomy Graphics

Breast Anatomy 0201
Breast Diagram 0202
Female Body and Breast Diagram 0203
Female Breast Diagram 0204
Stages of Nodularity 0205

Mammography Forms and Letters

Abnormal Mammogram: Biopsy Recommended 0301
Abnormal Mammogram: Follow-up Self Referral 0302
Abnormal Mammogram: Immediate Follow-up 0303
Diagnostic Mammogram: Normal Results 0304
Mammography Consent Form 0305
Mammography Scheduling Questionnaire 0306
Requesting Your Mammography Film 0307
Screening Mammography: Results 0308

Assessment Tools

Adjusting to Loss Assessment 0401
Anxiety Assessment 0402
Biopsy: Pre/Post Assessment 0403
Blood Products Transfusion Assessment 0404
Breast Abnormality Patient Referral 0405
Breast Pain Assessment 0406
Breast Patient: Clinical Referral 0407
Clinical Breast Assessment 0408
Decision-Making and Support Styles Assessment 0409
Extravasation Assessment 0410
Female Sexual Function Index (FSFI)© 0411
Female Sexual Function Index (FSFI)© Scoring 0412
General Pain Assessment 0413
General Pain: Daily Self-Assessment 0414
I've Found a Lump: Preparing for Physician's Exam 0415

Lymphedema Assessment 0416
Male Breast Health Assessment 0417
Mood Assessment: Post-Diagnosis 0418
Mood Assessment: Post-Treatment 0419
Patient Support Needs Assessment 0420
Quality of Life Assessment 0421
Range of Motion Assessment 0422
Resource Needs Assessment 0423
Treatment Side Effects Calendar Record 0424
Vital Signs Record 0425

Breast Imaging Procedures

Additional Mammography Views: Spot Compression
and Magnification 0501
Breast-Specific Gamma Imaging 0502
Calcifications – Microcalcifications 0503
Compression During Mammography 0504
Digital Mammography 0505
Galactography 0506
Implants and Mammography 0507
Magnetic Resonance Imaging (MRI) of the Breast 0508
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 0603
Core Needle Biopsy 0604
EnCapsule Biopsy 0605
Excisional Biopsy 0606
Fine Needle Aspiration (FNA) 0607
Fine Needle Aspiration (FNA) of a Cyst 0608
Incisional Biopsy 0609
Intact™ Biopsy 0610
Large Core Biopsy – ABBI® 0611
Magnetic Resonance Breast Imaging (MRI):
Breast Biopsy 0612
Magnetic Resonance Breast Imaging (MRI):
Needle Localization 0613

Mammotome® Breast Biopsy 0614
Needle Localization: Breast Abnormality 0615
Needle Localization: Patient Instructions 0616
Stereotactic Breast Biopsy 0617
Ultrasound Guided Breast Biopsy 0618

Benign Breast Conditions

Accessory Breast Tissue 0701
Atypical Hyperplasia 0702
Breast Abscess 0703
Breast Cellulitis 0704
Breast Cysts 0705
Breast Pain 0706
Duct Ectasia – Periductal Mastitis 0707
Fat Necrosis Tumor 0708
Fibroadenoma 0709
Fibrocystic Changes 0710
Galactocele 0711
Gynecomastia – Male 0712
Itching Breasts 0713
Lipomas 0714
Mastitis 0715
Mondor’s Syndrome 0716
Nipple Discharge 0717
Papilloma 0718
Radial Scar 0719
Sclerosing Adenosis 0720
Shingles (Herpes Zoster) 0721

Breast Cancer Characteristics

Breast Cancer Growth Rate: How Long Has It
Been There? 0801
Cancer Growth Rate 0802
Cancer Progression Process 0803
Estrogen and Progesterone Receptor Status 0804
Histological and Nuclear Grades of Breast Cancer 0805
Pathology Report 0806
Stages of Breast Cancer 0807
Staging of Breast Cancer: Patient Explanation 0808
Tumor Markers 0809
What Is Breast Cancer? 0810

Breast Cancer Types

Apocrine Carcinoma 0901
Cancer During Pregnancy: Most Frequently
Asked Questions 0902
Comedo Carcinoma In Situ 0903
Cystosarcoma – Phyllodes Tumor 0904
Ductal Carcinoma In Situ 0905
Ductal Carcinoma In Situ: Surgical Management 0906
Infiltrating Ductal Carcinoma 0907
Infiltrating Lobular Carcinoma 0908

Inflammatory Carcinoma 0909
Lobular Carcinoma In Situ 0910
Lymphoma of the Breast 0911
Male Breast Cancer 0912
Medullary Carcinoma 0913
Mucinous Carcinoma 0914
Paget’s Disease 0915
Papillary Carcinoma 0916
Tubular Carcinoma 0917

High Risk and Genetic Testing

BRCA Genetic Testing 1001
BRCA Genetic Testing: Negative Result 1002
BRCA Genetic Testing: Positive Results 1003
BRCA Genetic Testing: Uncertain Result 1004
High Risk Recommended Reading List 1005
High Risk: Lifestyle Modifications 1006
I’m High Risk: What Do I Do? 1007

Surgery

Breast Cancer Surgery Preparation 1101
Breast Cancer Surgery: Patient Instructions 1102
Central Intravenous Port Surgery 1103
Central Venous Catheter Surgery 1104
Drain Bulb Record 1105
Drains: Care and Instructions 1106
Hematoma 1107
Hemorrhage After Breast Surgery 1108
How Physicians Make Surgical Decisions 1109
Informed Consent 1110
Lumpectomy 1111
Lumpectomy Discharge Instructions 1112
Lumpectomy/Mastectomy Comparison 1113
Lymphatic System: Understanding Its Role 1114
Male Gynecomastia: Surgical Correction 1115
Mastectomy 1116
Mastectomy: Discharge Information 1117
Nipple-Sparing Mastectomy 1118
Sentinel Lymph Node Mapping: Why? 1119
Sentinel Lymph Node Surgery 1120
Seroma 1121
Skin-Sparing Mastectomy 1122
Surgical Decisions: Patient Self-Assessment 1123
Surgical Incision Care 1124
Surgical Incision: Infection 1125
Tissue Necrosis: Debridement 1126
Vascular Access Catheter Dressing Change 1127
Venipunctures/Blood Pressure Checks: Left Arm 1128
Venipunctures/Blood Pressure Checks: Right Arm 1129

Reconstruction

- Autologous Reconstruction 1201
- Breast Implants 1202
- Breast Reconstruction Options 1203
- Capsular Contracture From Breast Implants 1204
- DIEP (Deep Inferior Epigastric Perforator)
 - Breast Reconstruction 1205
- Flap Necrosis After Breast Reconstruction 1206
- Flap Revisions After Breast Reconstruction 1207
- Immediate or Delayed Reconstruction Decision 1208
- Implants With Acellular Dermal Matrix (ADM) 1209
- Inferior (Lower) Gluteus (Buttock)
 - Flap Reconstruction 1210
- Latissimus Dorsi (Back Flap) Breast Reconstruction 1211
- Mammoplasty – Breast Reduction 1212
- Mastopexy – Breast Cosmetic Surgery 1213
- Nipple and Areola Reconstruction 1214
- Nipple and Areola Tattooing 1215
- Reconstruction Flap Types 1216
- Reconstructive Surgery: Advantages and Disadvantages 1217
- Reconstructive Surgery: Criteria and Risk Factors 1218
- Reconstructive Surgery: Patient Instructions 1219
- Recovery After Breast Reconstruction 1220
- S-GAP Breast Reconstruction 1221
- TAP Breast Reconstruction 1222
- TRAM Flap Breast Reconstruction 1223

Treatments

- Breast Brachytherapy: Mammosite® 1301
- Breast Brachytherapy: Types 1302
- Cancer Clinical Trials 1303
- Chemoprotective Agents: Zinecard® 1304
- Chemosensitivity/Chemoresistance Testing 1305
- Chemotherapy Drugs and Schedule 1306
- Chemotherapy or Hormonal Therapy:
 - Why Do I Need It? 1307
- Chemotherapy: Evaluating Cancer's Response 1308
- Chemotherapy: How Can We Tell If It's Working? 1309
- Chemotherapy: How It Works 1310
- Chemotherapy: How Long Is Treatment Given? 1311
- Chemotherapy: Patient Infusion Tips 1312
- Chemotherapy: Patient Questions 1313
- Chemotherapy: Regional Delivery Devices 1314
- Chemotherapy: Targeted Drugs 1315
- Dose-Dense Chemotherapy 1316
- Hormonal Therapy Overview 1317
- Hormonal Therapy: Patient Questions 1318
- Immune System During Chemotherapy 1319
- Medical Oncologist and Your Treatment Plan 1320
- Neoadjuvant Chemotherapy 1321
- Oncotype DX™ 1322

- Radiation Oncologist and Radiation Therapy 1323
- Second Opinions 1324
- Thoracentesis 1325

Treatment Side Effects

- Abdominal Pain During Treatment 1401
- Allergic Reaction to Chemotherapy or Drugs 1402
- Alopecia – Hair Loss 1403
- Anemia – Low Hemoglobin 1404
- Anxiety: Recognition & Management
 - During Treatment 1405
- Appetite Changes During Chemotherapy 1406
- Appetite Stimulation 1407
- Arthralgia (Joint Pain) From Aromatase Inhibitors 1408
- Ascites 1409
- Atrophic Vaginitis 1410
- Bladder Infection 1411
- Bladder Problems During Chemotherapy 1412
- Blood Clots During Cancer Treatment 1413
- Blood Counts: Understanding Their Importance 1414
- Blood Sugar Fluctuation Management 1415
- Candidiasis of the Skin 1416
- Care of the Surgical Arm After Breast Cancer Surgery 1417
- Cellulitis – Infection of Surgical Arm 1418
- Chemotherapy: Allergic Reaction 1419
- Chemotherapy: Patient Symptoms to Report 1420
- Constipation 1421
- Costochondritis 1422
- Cough During Chemotherapy 1423
- Deep Vein Thrombosis (DVT) 1424
- Dehydration During Chemotherapy 1425
- Dental Care During Cancer Treatment 1426
- Diarrhea 1427
- Esophagitis – Inflammation of the Esophagus 1428
- Extravasation 1429
- Fatigue After Chemotherapy Is Completed 1430
- Fatigue Management During Treatment 1431
- Fecal Impaction 1432
- Fertility After Treatment 1433
- Fever During Treatment 1434
- Frozen Shoulder – Adhesive Capsulitis 1435
- Gastritis – Stomach Irritation 1436
- Gastrointestinal Problems During Chemotherapy 1437
- Hiccups During Treatment 1438
- Hives – Urticaria 1439
- Hot Flash Management 1440
- Hot Flashes 1441
- Hypercalcemia – Elevated Blood Calcium 1442
- Hyperkalemia – Elevated Potassium Levels 1443
- Hypertatremia – Elevated Sodium Levels 1444
- Hyperventilation – Panic Attacks 1445

Hypocalcemia – Decreased Calcium Levels 1446
 Hypokalemia – Decreased Potassium Levels 1447
 Hyponatremia – Decreased Sodium Levels 1448
 Indigestion – Dyspepsia 1449
 Insomnia 1450
 Jaw Pain With Zometa 1451
 Leukopenia – Low White Blood Cell Count 1452
 Lymphedema 1453
 Lymphedema Management 1454
 Lymphedema and Weight-Lifting Exercise 1455
 Medications That Increase Bleeding Potential 1456
 Memory Problems During Chemotherapy 1457
 Menopausal Side Effects From Chemotherapy 1458
 Monitoring for Abnormal Blood Counts 1459
 Nadir From Chemotherapy 1460
 Nausea and Vomiting Management 1461
 Nausea and Vomiting Tips 1462
 Osteoporosis 1463
 Peripheral Neuropathy: Patient Care 1464
 Peripheral Neuropathy: Signs and Symptoms 1465
 Pneumonia 1466
 Pulmonary Embolus (PE) 1467
 Radiation Recall 1468
 Radiation Therapy 1469
 Radiation Therapy: Skin Care 1470
 Septicemia – Sepsis 1471
 Shingles – Herpes Zoster 1472
 Stomatitis – Sore Mouth 1473
 Taste Alterations During Chemotherapy 1474
 Thrombocytopenia – Low Platelet Count 1475
 Thrush – Oral Candidiasis 1476
 Transfusion of Platelets 1477
 Transfusion of Red Blood Cells 1478
 Treatment Options for Breast Cancer by Stage 1479
 Vaginal Candidiasis – Yeast Infection 1480
 Vaginal Dryness and Painful Intercourse 1481
 Vaginal Infections 1482
 Vital Signs: Patient Instructions 1483
 Weight Gain During Treatment 1484
 Aromasin® (exemestane) 1511
 Ativan® (lorazepam) 1512
 Avastin® (bevacizumab) 1513
 BCNU® (carmustine) 1514
 Cytoxan® (cyclophosphamide) 1515
 Decadron® (dexamethasone) 1516
 Ellence®, Pharmorubicin PFS® (epirubicin) 1517
 Epogen®, Procrit®, Eprex® (epoetin) 1518
 Fareston® (toremifene) 1519
 Faslodex PFS® (fulvestrant) 1520
 Femara® (letrozole) 1521
 Folex® (methotrexate) 1522
 Gemzar® (gemcitabine) 1523
 Halotestin® (fluoxymesterone) 1524
 Herceptin® (trastuzumab) 1525
 Ixempra® (ixabepilone) 1526
 Kytril® (granisetron) 1527
 Lupron® , Lupron Depot®, Viadur® (leuprolide) 1528
 Marinol® (dronabinol) 1529
 Megace® (megestrol) 1530
 Mutamycin® (mitomycin) 1531
 Navelbine® (vinorelbine) 1532
 Neumega® (oprelvekin) 1533
 Neupogen® , Neutrogen® (filgrastim) 1534
 Nolvadex® (tamoxifen) 1535
 Oncovin®, Vincasar PFS® (vincristine) 1536
 Paraplatin® (carboplatin aqueous solution) 1537
 Platinol® (cisplatin) 1538
 Prednisone 1539
 Selective Serotonin Reuptake Inhibitors (SSRIs) 1540
 Subcutaneous Injection Instructions 1541
 Taxol® (paclitaxel) 1542
 Taxotere® (docetaxel) 1543
 Tykerb® (lapatinib) 1544
 Velban® (vinblastine) 1545
 Vepesid®, VP-16® (etoposide) 1546
 Xanax® (alprazolam) 1547
 Xeloda® (capecitabine) 1548
 Zofran®, Zofran ODT® (ondansetron) 1549
 Zoladex® (goserelin) 1550
 Zometa® (zoledronic acid) 1551

Medications

5-FU® (fluorouracil) 1501
 Abraxane® 1502
 Adriamycin® (doxorubicin) 1503
 Aloxi® (palonosetron) 1504
 Ambien® (zolpidem) 1505
 Anzemet® (dolasetron) 1506
 Aranesp® (darbepoetin alfa) 1507
 Aranesp®: Patient Instructions for
 Self-Administration 1508
 Aredia® (pamidronate disodium) 1509
 Arimidex® (anastrozole) 1510

Cancer Diagnostic Tests and Procedures

Bone Scan Preparation 1601
 Brain Computed Tomography – CT or CAT Scan 1602
 Computed Tomography (CT) Scan 1603
 Intravenous Pyelogram 1604
 Liver Scan 1605
 MRI – Magnetic Resonance Imaging 1606
 PET Scan – Positron Emission Tomography 1607
 Ultrasound (US) 1608

Metastatic Disease

Bone Metastasis 1701
Brain Metastasis 1702
Cancer Metastasis 1703
Carcinomatous Meningitis 1704
Liver Metastasis 1705
Lung Metastasis 1706
Pleural Effusion 1707
Recurrent Breast Cancer 1708
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 1801
Contraception During Breast Cancer Treatment 1802
Depression After Breast Cancer 1803
Employment Issues During Breast
Cancer Treatment 1804
Exercise Prescription After Breast Cancer 1805
Facing the Future After Breast Cancer Diagnosis 1806
Follow-up Care After Breast Cancer: Monitoring Your
Future Health 1807
Grief and Loss After Breast Cancer 1808
Health Insurance During Cancer Treatment 1809
Learning to Relax 1810
Living Wills – Advanced Directives 1811
Monitoring Dietary Fat 1812
My Prayer During Breast Cancer 1813
Newly Diagnosed Patient Navigation Guide 1814
Pregnancy After Breast Cancer 1815
Prosthesis Selection 1816
Reading Recommendations 1817
Resources for Breast Cancer Patients 1818
Sexuality After Breast Cancer 1819
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
The Dying Patient: A Caregiver's Guide 1907

Complementary Therapies

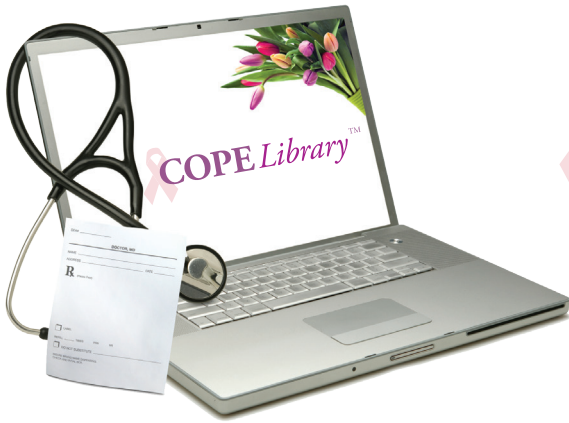
Alternative and Complementary Therapies
for Cancer 2001
Aromatherapy 2002
Art Therapy 2003
Biofeedback 2004
Cancer Treatment Terminology and
Information Resources 2005
Chiropractic 2006
Counseling and Psychotherapy 2007
Diet Therapies 2008
Energy Healing 2009
Hypnotherapy 2010
Journaling 2011
Massage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

Breast Health Navigator Tools

Breast Health Navigator: Patient Assessment 2101
Breast Health Navigator: Patient Monthly
Contact Record 2102
Breast Health Navigator: Patient Weekly
Contact Record 2103
Patient Appointment Worksheet 2104
Patient Assessment: Questions for the
Healthcare Team 2105
Patient Communication Planner 2106
Patient Contact Permission Form 2107
Patient Information Needs Assessment 2108
Patient Treatment Barriers Assessment 2109
Sample Letter: BHN Introduction 2110
Sample Letter: Evaluation of BHN Services 2111
Sample Letter: Explanation of BHN Role 2112
Survivorship Surveillance Guidelines 2113

Patient Records

Breast Cancer Diagnostic History 2201
Breast Cancer Treatment Record 2202
Breast Health History 2203
Family Cancer History Assessment 2204
Healthcare Team Record 2205
Patient Surveillance Recommendations 2206



COPE Library™

Cancer Online Patient Education

Breast Health Edition

License Agreement: The Master Account subscription provides access for three users in the same facility to print and distribute the topics from any internet connection. Each additional user in the same facility must purchase an Additional User subscription.

Bill To:

HOSPITAL/FACILITY NAME

ADDRESS (PO BOX OR PHYSICAL ADDRESS)

CITY STATE ZIP

Customization: COPE Library™ will be customized with your facility logo and facility contact information. Please provide the following information exactly as you would like it to appear.

Text:

Line 1: _____

Line 2: _____

Line 3: _____

Line 4: _____

Email logo to: logos@educareinc.com

Digital files must in an .eps or .jpeg format.
Resolution must be at least 300 DPI.

Annual Subscription

\$999 (1-3 Users in the Same Facility)

\$99 Each Additional User
Number of Additional User Accounts: _____

ORDER TOTAL: \$ _____

Facility Contact for COPE Library™ Administration:

HOSPITAL/FACILITY NAME

COPE LIBRARY ADMINISTRATOR NAME

ADDRESS (PHYSICAL ADDRESS ONLY)

CITY STATE ZIP

EMAIL

PHONE

User Names for Master Account:

User Name #1: _____

Email: _____

User Name #2: _____

Email: _____

User Name #3: _____

Email: _____

Additional User Account(s):

User Name #4: _____

Email: _____

User Name #5: _____

Email: _____

**Please attach second sheet for Additional User Account Names.*

Payment Information: Payment Enclosed Charge Credit Card Purchase Order # _____

Mastercard VISA AMEX Discover Card Number: _____ Exp: _____

Name on Card: _____ V-Code: _____

Address on Card: _____

Mail or Fax Order to:

EduCare Inc., 3294 Ashley Phosphate Road, Suite 1-A, North Charleston, SC 29418
FAX: 843-760-6988 PHONE: 800-849-9271



COPE *Library*TM

www.EduCareInc.com

800.849.9271