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Contrast enhanced spectral mammography in the sympatomatic setting: Initial findings from a single UK institution

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Contrast enhanced spectral mammography (CESM) is a novel technique in breast imaging in which mammographic images are acquired before and after the intravenous injection of iodinated contrast. The use of standard mammography is limited in dense breasts and there is increasing evidence demonstrating the added value of CESM in a symptomatic setting. The aim of this presentation to share our experience of CESM in charactersing breast lesions in symptomatic patients at our institution.

The main contents of the presentation will be:

1. Introduction to CESM technology – why and how is it done at our institution?
2. Results from our 2-year restrospective analysis of CESM in characterising breast lesions which included sensitity, specificity, PPV and NPV for detecting cancers. Comparison with MRI and final surgical histology will also be included.
3. A selection of case studies including false positives and false negatives

Conclusion: The future role of CESM.

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Impact of moderate intensity aerobic exercise on chemotherapy-induced anemia in elderly women with breast cancer: A randomized controlled clinical trial

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Exercises are often recommended for patients suffering from anemia to improve physical conditioning and hematologic parameters. Hence, the present study aimed to investigate the impact of moderate intensity aerobic exercise on chemotherapy-induced anemia. 30 elderly women with breast cancer underwent chemotherapy and were randomly assigned into two equal groups, Group A received aerobic exercise for 25-40 minutes at 50-70% of the maximum heart rate, 3 times/week for 12 weeks in addition to usual daily living activities, medication and nutritional support. Group B who did not train served as controls. Hemoglobin (Hb), and red blood cell count (RBCs) were evaluated pre-treatment and after 12 weeks of training. There were significant declines of both Hb ($t=16.30$; $P<0.001$) and RBCs ($t=10.38$; $P<0.001$) in group B relative to group A. Regarding group A, Hb increased from 11.52±0.62 to 12.10±0.59 g/dL with a 5.03% change, while RBCs increased from 4.24±0.37 to 4.49±0.42 million cells/μL with a 5.89% change. Between-group differences were noteworthy regarding Hb ($t=-5.34$; $P<0.001$) and RBCs ($t=-5.314$; $P<0.001$). The results indicate that regular participation in moderate intensity aerobic exercise can enhance chemotherapy-induced anemia.

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