When the Physicist Becomes the Patient
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Disclosures:
- Nothing financial
- Participant in the Share Triumph project
- PG-13 language

March 2015
March 2015

3 masses in the left breast (7, 4, 1 o’clock),
2 masses in the right breast (4 and 1 o’clock).

Breast exam consistent with fibrocystic
disease. With no patient concerns or family
history and with bilateral masses, we will
hold on doing imaging.

October 2015

October 2015

Rebecca Milman Marsh
November 18, 2015 · Denver, CO · 27
Yesterday, I found out I have breast cancer.
“We all have our shit to deal with. Right now, this is mine.”
- Me

“Smart” people get cancer, too...

3 masses in the left breast (-7, 4, 1 o’clock),
2 masses in the right breast (4 and 1 o’clock).
Breast exam consistent with fibrocystic disease. With no patient concerns or family history and with bilateral masses, we will hold on doing imaging.

March 2015

November 2015
We all want answers.

Google, M.D.

We need to change how we think about dose from imaging procedures.

Stage 3 TNBC [T2, N3b, M0] 5-year survival: ~50%

We need to change how we think about dose in imaging.

<table>
<thead>
<tr>
<th>Scan</th>
<th>kV</th>
<th>mAs</th>
<th>ref.</th>
<th>CTDIvol</th>
<th>DLP</th>
<th>mGy*cm</th>
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</thead>
<tbody>
<tr>
<td>Patient Position F-SP</td>
<td>1 120</td>
<td></td>
<td></td>
<td>0.15(1)</td>
<td>11.21</td>
<td></td>
</tr>
<tr>
<td>Topogram</td>
<td>2 120</td>
<td></td>
<td></td>
<td>0.15(4)</td>
<td>11.21</td>
<td></td>
</tr>
<tr>
<td>CAP 70SEC</td>
<td>3 120</td>
<td>147 / 180</td>
<td></td>
<td>9.90(0)</td>
<td>703.73</td>
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</table>
Patients want to know what to expect.
Many patients question everything (and with good reason)

**NM RADIONUCLIDE THERAPY BY IV (Order 306533830)**

**Reason for Exam**
Dx: Lymphedema of right upper extremity [ICD-10-CM]

**Scheduling Instructions**
Pain from Bone Metastases

**DEXA SCAN (Order 306533833)**

**Reason for Exam**
Evaluate bone density - on antineoplastic therapy
Many patients question everything (and with good reason)

The “at least” dilemma...

“At least you caught it early...”
“At least you’re young...”
“At least it’s not stage IV...”
“At least your hair is growing back...”

Effects of treatment are long-lasting

Physical
Psychological
• Financial
• Health concerns
Many patients don’t want cancer to define them

Acknowledgements