

04 APR. 2025 — 10 OCT. 2025

ADVANCED TRAINING
BREAST DISEASES
1ST EDITION

NOVA MEDICAL
SCHOOL



SCIENTIFIC SPONSORSHIPS

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ADVANCED
EDUCATION
FOR THE
FUTURE

SINCE 1977

WHY ADVANCED TRAINING IN BREAST DISEASES?

This course offers a comprehensive and integrated approach to breast pathology and the organization of care in this field, specifically designed for professionals seeking to specialize and promote holistic, patient-centered care.

The program covers a wide range of essential topics, providing an in-depth understanding of conditions affecting the breast, from benign diseases to malignant pathologies, with an emphasis on breast cancer—the leading cause of cancer-related death among women in many countries.

Additionally, the course explores care organization based on the principles of Value-Based Health Care, highlighting strategies to achieve the best clinical and quality-of-life outcomes for patients while ensuring the efficient use of available resources.

This course includes mandatory theoretical and practical sessions, along with two optional practical components to choose from.

Roundtables - it is possible to register exclusively for these events.

COURSE PARTICIPANTS CAN APPLY FOR **STUDENT-WORKER STATUS**

MANDATORY THEORETICAL AND PRATICAL SESSION - **19 ECTS**
MANDATORY THEORETICAL AND PRATICAL SESSION + OPTIONAL 1 - **19 ECTS**
MANDATORY THEORETICAL AND PRATICAL SESSION + OPTIONAL 2 - **20 ECTS**

Application deadline
March 10, 2025

LEARNING OBJECTIVES

1. Acquire deep knowledge in anatomy, physiology, and biological mechanisms of carcinogenesis, invasion, and breast metastasis
2. Identify skills in collecting medical history, performing clinical exams, and interpreting complementary diagnostic tests, with a focus on hereditary factors
3. Differentiate between benign and malignant breast pathologies, understanding their clinical presentations, diagnostic criteria, and treatment options
4. Explain various surgical techniques, including biopsies, conservative and radical surgeries, axillary approaches, reconstructive surgery, and the management of surgical complications like lymphedema
5. Describe the principles and applications of neoadjuvant and adjuvant therapies for early-stage, locally advanced, and metastatic breast cancer
6. Summarize the future trends in breast cancer prevention, diagnosis, and treatment, contributing to the continuous improvement of healthcare practices
7. List dedicated breast units organization principles
8. Explain Inter and trans-disciplinary approach of breast health care

COURSE AUDIENCE

Doctors in the areas of hospital and primary care with a focus on the treatment/follow-up of breast pathology and management of differentiated care

Researchers in the field of breast cancer

EVALUATION METHODOLOGY

Exam and group discussions

COORDINATION AND FACULTY



Zacharoula Sidiropoulou
(Program Director)



Vasco Fonseca
(Program Director)

FACULTY

National faculty members from:

AFFIDEA, Cascais Hospital, Champalimaud Foundation, H. FA, HOPE CARE, I.S. Técnico, IPO Coimbra IPO Lisbon, IPO Oporto, Lusíadas Hospital, Luz Hospital, Nova SBE, SAMS Hospital, ULS Arco Ribeirinho, ULS Coimbra, ULS Évora, ULS Gaia-Espinho, ULS Leiria, ULS Lisboa Ocidental, ULS Oeste, ULS São João, ULS São José, ULS Santa Maria, ULS Viseu

International faculty members from:

Editor in Chief Breast Journal, Editor in Chief The BREAST, EORTC, ESMO, Jules Bordet Institute, Moffitt Cancer Center, NCCN, Nottingham University, Royal Marsden Hospital

FACULTY

Abreu, Joaquim
Abreu, Miguel
Almeida, Cristina Vaz de
Amaral, Patricia
André, Saudade
Ângelo, Cristina
Araújo, Manuel
Azevedo, Marta
Barreiros, Graça
Batísti, Nicolo
Bonifácio, Dulce
Brito, Margarida
Cabral, Ana
Calisto, Francisco
Cardoso, Fátima
Cardoso, Paulo
Carvalho, José
Cavaco, Patricia
Cheung, Kwok
Coelho, José Luís Passos
Cortes, Carlos
Cortes, Paulo
Costa, Diogo
Costa, Filipe
Coutinho, Filipe
Da Silva, Mariana Vieira
Dinis, Rui
Ferreira, Bruno
Fidalgo, Pedro
Fonseca, Isabel Adão da
Fonseca, Vasco
Fougo, José Luis
Gamelas, João
Gante, Inês
Guiomar, Teresa
Labareda, Miguel
Lago, Lissandra Dal
Loftus, Loretta
Machado, Rita Sá
Maduro, Luís
Maia, Sara
Martins, Ana Rita
Martins, Soraia
Masood, Shahla
Matos, Leonor
Morujão, Inês
Nogueira, Rúben
Nogueira, Rui
Osório, Fernando
Paulo, Judy
Pereira, José
Pintão, Sofia
Ponte, Guida da
Sampaio, Rita
Santo, Jorge Espirito
Sidiropoulou, Zacharoula
Simões, Inês
Simões, Teresinha
Sousa, Berta
Sousa, Gabriela
Teixeira, Sara
Vaz, Fátima
Vilaça, Jaime

PROGRAMME

BLENDED

154H

IN-PERSON AND ONLINE

SESSION 1

04 APR 2025 | 08H45 - 18H45

- Course introduction
- Anatomy and physiology of the breast
- Carcinogenesis: Biological mechanisms, invasion and metastasis
- Epidemiology of breast cancer
- Primary and secondary prevention
- Screening for high-risk groups
- Population screening
- Opportunistic screening
- Screening in the elderly

SESSION 2

11 APR 2025 | 09H00 - 18H00

- Anamnesis, objective examination
- Heredity
- Calculation of individual risk
- Interpretation of complementary exams
- Breast pain
- Inflammatory processes
- Nodules
- Nipple discharge
- Congenital pathology
- Other pathologies

SESSION 3

16 APR 2025 | 09H00 - 18H00

- B3 breast lesions, imaging characteristics, recommendations for approach and treatment
- In situ lesions, imaging characteristics
- Invasive lesions, imaging characteristics
- Invasive lesions after neoadjuvant chemotherapy, imaging characteristics
- Nuclear Imaging in Breast Cancer, from diagnostics to treatment
- B3 breast lesions, anatomopathological characteristics
- In situ lesions, anatomopathological characteristics
- Invasive lesions, anatomopathological characteristics
- Invasive lesions after neoadjuvant chemotherapy, pathology characteristics



PROGRAMME

BLENDED

154H

IN-PERSON AND ONLINE

SESSION 4

23 APR 2025 | 09H00 - 18H00

- Biopsies, recommendations and techniques
- Breast conservative surgery
- Radical/sparing/aesthetic surgery
- Axillary staging and approaches
- Onco-Dermato-esthetics in Breast Cancer
- Reconstructive surgery
- Breast surgery complications and their approach
- Lymphedema invasive and non-invasive approach

SESSION 5

09 MAY 2025 | 09H00 - 20H00

- Oncology medical appointment
- Therapeutic decision appointment
- Breast cancer staging
- Therapeutic plan
- Neoadjuvant treatment, state of art and clinical practice
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- Adjuvant treatment, state of the art and clinical practice
- Treatment approaches in metastatic breast cancer
- Principles of approach to recurrent disease

SESSION 6

16 MAY 2025 | 09H00 - 18H00

- State of the art in breast radiotherapy: who and when?
- State of the art in axillary radiotherapy: who and when?
- Hypo- and ultra-hypofractionation
- Future directions, when to omit, in which patients, in which particular type of disease?
- Complications related to medical treatment, common side effects, and serious complications
- Complications related to radiotherapy, immediate side effects and long-term complications
- Acute and chronic pain management
- Rehabilitation and Exercise



PROGRAMME

BLENDED

154H

IN-PERSON AND ONLINE

SESSION 7

23 MAY 2025 | 09H00 - 18H00

- Geriatrics, concepts and basics
- Oncogeriatrics, why the need, what is an oncogeriatrics appointment
- Breast surgery in elderly patients
- Axillary surgery in elderly patients
- Neoadjuvant treatment in elderly patients
- Adjuvant treatment for elderly patients

SESSION 8

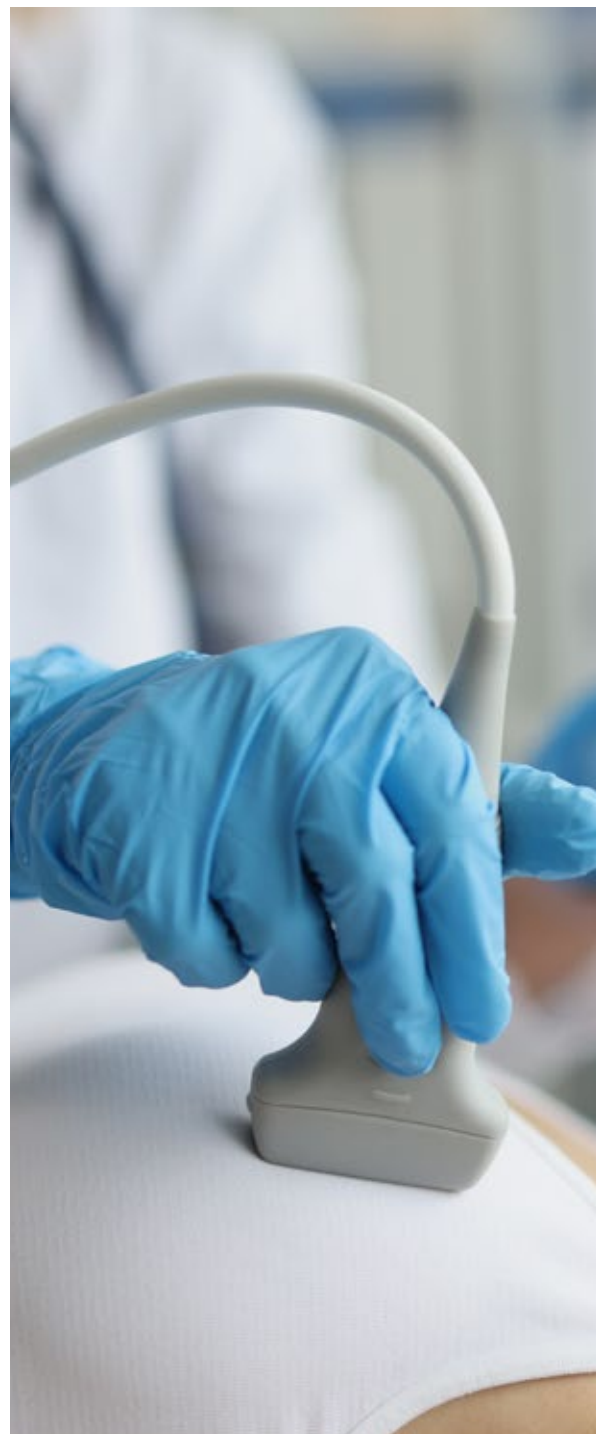
30 MAY 2025 | 09H00 - 18H00

- Breast cancer in men, state of the art and future, (what it is, who, how and where it should be treated)
- Cancer during pregnancy, state of the art and future (what it is, who, how and where it should be treated)
- Hereditary cancer, state of the art and future, (what it is, who, how and where it should be treated)
- Breast cancer in very young patients (what it is, who, how and where it should be treated)
- Oncofertility, state of the art and future
- Clinical special cases

SESSION 9

06 JUN 2025 | 09H00 - 18H00

- Follow-up of patients with breast cancer at the healthcare center, organization of care and guidelines
- Follow-up of patients with breast cancer at the breast unit, organization of care and guidelines
- Follow-up of patients with breast cancer at the continuing care unit, organization of care and guidelines
- Follow-up of patients with breast cancer at the palliative care center, organization of care and indications
- Special cases



PROGRAMME

BLENDED

154H

IN-PERSON AND ONLINE

SESSION 10 IN-PERSON

27 JUN 2025 | 09H00 - 18H00

- Enhanced Recovery After Surgery (ERAS) breast/Outpatient mastectomy/Outpatient surgery/Inpatient home surgery
- Day care hospital in home hospitalization
- Support associations
- Social prescription
- Oncosexuality-simplification of the “new me” during and after the disease. Changes in sexuality and intimacy that occur during and after treatment: self-image, libido and capacity for physical intimacy, and emotional and relational challenges
- Psychooncology in breast cancer, emotional and psychological impact and psychological and behavioral variables
- Individual and group psychological support

SESSION 11 IN-PERSON

05 SEP 2025 | 09H00 - 18H00

- Therapeutic conciliation consultation
- Primary care and oncology medication
- Hospital care and oncology medication
- Literacy and polypharmacy
- Roundtable (14h00 - 18h00):
 - Topic: future guidelines - digitization and data protection, telemedicine and remote access, rights of patients at the end of life, active participation of patients in clinical decisions, equity in access to care



PROGRAMME

BLENDED

154H

IN-PERSON AND ONLINE

SESSION 12 IN-PERSON

12 SEP 2025 | 09H00 - 18H00

- Primary healthcare with a focus on early diagnosis, continuity of care and efficient coordination between different levels of care
- Geriatric context with a focus on personalized and differentiated care based on comprehensive geriatric assessment
- Hospital health with a focus on multidisciplinary treatment, advanced technology, clinical research and psychosocial support
- Value-based health care-public policies, with a focus on the management model based on the value generated for the patient
- Roundtable (14h00 - 18h00):
 - Topic: public policies and the organization of units dedicated to breast pathology

SESSION 13

19 SEP 2025 | 09H00 - 18H00

- Monitoring the patient/survivor with breast cancer
- Artificial intelligence and breast cancer
- Prospects for medical treatment
- Prospects for surgical treatment
- Breast cancer research models
- Clinical trials and their various phases
- The future of research

SESSION 14

26 SEP 2025 | 09H00 - 17H00

- Communication in oncology
- Theoretical evaluation



PROGRAMME

BLENDED

154H

IN-PERSON AND ONLINE

**MANDATORY
PRACTICAL
SESSION**

TBC

- Practical sessions in specialized centers (ULSLO, Centro Hospitalar de Coimbra)

SESSION 1

TBC

SESSION 2

TBC

SESSION 3

TBC

SESSION 4

TBC

SESSION 5

TBC

**OPTIONAL 1
PRACTICAL
SESSION**

13 NOV 2025 | 09H00 - 18H00

- Intraoperative breast ultrasound for surgeons

**OPTIONAL 2
PRACTICAL
SESSION**

**07 AND 08 NOV 2025 |
09H00 - 18H00**

- Surgical techniques on cadavers



APPLICATION DOCUMENTS

CV
Degree certificate
Recommendation letter
Motivation letter

NUMERUS CLAUSUS

24

ADMISSION CRITERIA

Curriculum evaluation
Order of application

ATTENDANCE

Optional and required sessions - 100% attendance is mandatory

LANGUAGE

Portuguese
English

LOCATION | IN-PERSON SESSIONS

R. Luanda 166, Parede

TUITION

Application fee **51 €**

Tuition fee (include registration, catering and insurance):

- Mandatory theoretical and practical sessions - **1950€**
- Mandatory theoretical and practical sessions + optional 1 - **2250€**
- Mandatory theoretical and practical sessions + optional 2 - **2550€**

Roundtables tuition fee (each one):

- **51€** (application fee) + **99€** (tuition fee)

PROGRAM MANAGER



FILIPA TOSCANO

ADDITIONAL INFORMATION

For further details, please contact the Program Manager

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