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AS PART OF *CHOOSING WISELY*[®] CAMPAIGN

Experts at The American Society of Breast Surgeons Provide Guidance on Benign Breast Diseases: Five Things Clinicians and Patients Should Question

Columbia, Maryland, January 8, 2018– The American Society of Breast Surgeons today released a list of specific tests or procedures that clinicians and patients should question as part of *Choosing Wisely*[®], an initiative of the ABIM Foundation. The Society’s list was developed over the last year after careful consideration and review, using the most current evidence about management and treatment options for benign breast disease. The list identifies five targeted, evidence-based recommendations that can support conversations between patients and clinicians about what care is truly necessary and what may not be needed.

The Society identified the following five recommendations related to the treatment of benign breast disease:

- Don’t routinely excise areas of psuedoangiomatous stromal hyperplasia (PASH) of the breast in patients who are not having symptoms from it.
- Don’t routinely surgically excise biopsy proven fibroadenomas that are smaller than 2 centimeters in size.
- Don’t routinely operate for a breast abscess without an initial attempt to percutaneously aspirate or drain it.
- Don’t perform screening mammography in asymptomatic patients with normal exams who have less than 5-year life expectancy.
- Don’t routinely drain non-painful fluid-filled breast cysts.

“The Society’s recommendations provide valuable information to help promote conversations between patients and physicians about treatment options for benign breast disease. Unlike the management of breast cancer, there are not many well-done studies to help with the treatment decisions required to take care of benign breast problems. This is therefore an area where value may not always be optimized, which is why we chose to focus on this issue,” said Dr. Roshni Rao, MD, Chair, Patient Safety and Quality Committee, of The American Society of Breast

Surgeons, the primary leadership organization for general surgeons who treat patients with breast disease.

To date, more than 80 national specialty societies have joined *Choosing Wisely*. With the release of these new recommendations, the campaign will have addressed more than 540 tests, treatments and procedures that the specialty society partners say are overused, and that physicians and patients should discuss.

To learn more about *Choosing Wisely* and to view the Society's recommendations visit www.ChoosingWisely.org.

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About the American Society of Breast Surgeons

The American Society of Breast Surgeons is the primary leadership organization for general surgeons who treat patients with breast disease, and is committed to continually improving the practice of breast surgery by serving as an advocate for those who seek excellence in the care of breast patients. This mission is accomplished by providing a forum for the exchange of ideas and by promoting education, research and the development of advanced surgical techniques. Founded in 1995, the Society now has more than 3,000 members throughout the United States and in 52 countries around the world.

For more information, visit www.breastsurgeons.org, connect with us on [Facebook](#) or follow us on [Twitter](#).

About the ABIM Foundation

The mission of the ABIM Foundation is to advance medical professionalism to improve the health care system. We achieve this by collaborating with physicians and physician leaders, medical trainees, health care delivery systems, payers, policy makers, consumer organizations and patients to foster a shared understanding of professionalism and how they can adopt the tenets of professionalism in practice. To learn more about the ABIM Foundation, visit www.abimfoundation.org, connect with us on [Facebook](#) or follow us on [Twitter](#).

About *Choosing Wisely*[®]

*First announced in December 2011, *Choosing Wisely*[®] is part of a multi-year effort led by the ABIM Foundation to support and engage physicians in being better stewards of finite health care resources. Participating specialty societies are working with the ABIM Foundation to share the lists widely with their members and convene discussions about the physician's role in helping patients make wise choices. Learn more at www.ChoosingWisely.org.*