



Trulife Mastectomy Fitter Training Class Exam

Check only ONE answer:

1. Physiological issues after mastectomy may include:

- clumsiness
- risk of fall
- shoulder pain
- all of the above

2. How many documented fitting hours does ABC require before they will accept your certification exam application?

- 120
- 100
- 500
- 700

3. The mastectomy fitting room should be equipped with:

- full length mirror
- chair with arms
- silky robe, gown or shirt
- all of the above

4. How soon after a mastectomy should a woman be fit for silicone prosthesis?

- 7 days
- 2-3 weeks
- 6-8 weeks
- 2 months

5. The breast is composed primarily of:

- lobules, ducts and fat
- glandular tissue, muscle and fat
- connective tissue, muscle and fat
- muscle, glandular tissue and connective tissue

6. You are automatically granted Certified Mastectomy Fitter status by both ABC and BOC after completion of this class:

- True
- False

7. The breasts are attached to the _____ muscles.

- trapezius
- deltoid
- gluteus
- pectoral

8. Radical Mastectomy involves removal of:

- breast tissue only
- axillary lymph nodes only
- the breast, axillary lymph nodes and pectoral muscles
- tissue from breast and arm

9. Modified Radical Mastectomy involves removal of:

- breast tissue only
- axillary lymph nodes only
- pectoral muscles
- the breast and some lymph nodes

10. Total/Simple Mastectomy involves removal of:

- the entire breast
- the breast, axillary lymph nodes and Pectoral muscles
- lump and surrounding tissue
- both breasts



11. Lumpectomy involves removal of:

- the entire breast
- the breast, axillary lymph nodes and Pectoral muscles
- lump and surrounding tissue
- both breasts

12. For bra band size, measure:

- from the sternal notch to the nipple
- just beneath the breast, measure center sternum to center spine
- center axilla to center spine
- over the fullest part of the remaining breast

13. To determine bra band size:

- double the measurement
- divide the measurement and add five inches
- double the measurement and add five inches
- subtract five inches from measurement

14. For cup size, measure:

- over fullest part of the remaining breast, center sternum to center spine
- from sternal notch to nipple
- underneath the surgical side to avoid irritation
- underneath the breast, center sternum to center spine

15. If your patient measures 16 ½ inches under the breast and 20 inches over the fullest part of the breast. What size bra would you select?

- 37B
- 38C
- 38DD
- 38B

16. The bra should initially fit_____.

- comfortably snug without a breast form in it
- on the last set of hooks
- with the breast form in it
- one size smaller than the measurement you obtained

17. Must-have bras:

- create unnecessary inventory
- are only available in one color
- create a balanced inventory and allow for product choices

18. As a mastectomy fitter, what body landmark(s) should you familiar with for the purpose of measuring?

- sternal notch, sternum and spine
- sternum and spine
- sternum, spine and clavicle
- apex, collar bone and spine

19. The lymph system is composed of.

- lymph nodes
- lymph vessels
- lymph fluid
- all of the above

20. Can lymphedema be cured?

- yes
- no



21. The most common type of NON-INVASIVE breast cancer is:

- | | |
|-------------------------------|-------------------------------|
| <input type="checkbox"/> IDC | <input type="checkbox"/> DCIS |
| <input type="checkbox"/> LCIS | <input type="checkbox"/> ILC |

22. What breast form shape will fit 80-90% of all surgery sites:

- | | |
|---------------------------------------|-----------------------------------|
| <input type="checkbox"/> heart | <input type="checkbox"/> triangle |
| <input type="checkbox"/> asymmetrical | <input type="checkbox"/> teardrop |

23. Partial breast forms are ideal for:

- | | |
|--|---|
| <input type="checkbox"/> post-lumpectomy | <input type="checkbox"/> Poland syndrome |
| <input type="checkbox"/> post-reconstruction | <input type="checkbox"/> all of the above |

24. The Radiant Impressions custom breast prosthesis is intended to be worn INSIDE the pocket of a bra?

- | | |
|-------------------------------|--------------------------------|
| <input type="checkbox"/> true | <input type="checkbox"/> false |
|-------------------------------|--------------------------------|

25. When fitting a client Insert the prosthesis into the pocket of the bra:

- | | |
|---|---|
| <input type="checkbox"/> before fitting the bra to the remaining breast | <input type="checkbox"/> when you are relatively certain that both bra and form fit correctly |
| <input type="checkbox"/> only when physically active | |

26. Trulife "silicone in a bag" breast prostheses cannot be damaged by sharp objects such as straight pins or jewelry.

- | | |
|-------------------------------|--------------------------------|
| <input type="checkbox"/> true | <input type="checkbox"/> false |
|-------------------------------|--------------------------------|

27. A difference of THREE inches indicates a _____ cup.

- | | |
|----------------------------|-----------------------------|
| <input type="checkbox"/> A | <input type="checkbox"/> C |
| <input type="checkbox"/> B | <input type="checkbox"/> DD |

28. The warranty for Trulife silicone breast forms:

- | | |
|---|---|
| <input type="checkbox"/> is unconditional | <input type="checkbox"/> covers punctures, such as those caused by pins |
| <input type="checkbox"/> is a 2 year limited warranty | <input type="checkbox"/> is 6 months |

29. When taking measurements to determine bra size, take measurements:

- | | |
|---|--|
| <input type="checkbox"/> on the surgery side with bra off | <input type="checkbox"/> on the surgery side with bra on |
| <input type="checkbox"/> on the non surgery side with bra off | <input type="checkbox"/> on the non surgery side with bra on |

30. If your patient measures 15 inches under the breast and 18 inches over the fullest part of the breast. What size bra would you select?

- | | |
|------------------------------|------------------------------|
| <input type="checkbox"/> 34B | <input type="checkbox"/> 38B |
| <input type="checkbox"/> 44D | <input type="checkbox"/> 40C |

31. Breast prostheses that most closely resemble breast tissue in weight and texture are made of:

- | | |
|-----------------------------------|------------------------------------|
| <input type="checkbox"/> rubber | <input type="checkbox"/> fiberfill |
| <input type="checkbox"/> silicone | <input type="checkbox"/> foam |



32. Lymph nodes function:

- to alert brain to change in temperature
- to produce milk
- to control the size of breasts
- as a filter for toxic, malignant and waste product

33. Which of the following is a precaution that might prevent lymphedema after breast surgery?

- always trim cuticles of the hand on the affected side to prevent infection
- lift heavy weights to strengthen the arm on the affected side
- do not have injections, blood drawings and blood pressures done in the arm on the affected side
- wear a heavy breast form

34. The sternal notch measurement is used to determine:

- equal projection of breast and breast form
- bra cup size
- bra band size
- size of sternum

35. A patient with a bi-lateral mastectomy:

- may need two different sizes of breast forms
- will always need two breast forms that are the same size
- does not have a choice in desired cup size or breast form size
- can never use two different styles of breast forms

36. As a trained Trulife mastectomy fitter you should:

- teach your patient how to don and doff the breast form
- indicate to your patient the top, bottom, right and left side of the breast form
- teach your patient how to insert breast form into pocket
- all of the above

37. The warranty for Trulife 630 ActiveFlow forms:

- is unconditional
- is 6 months
- covers punctures, such as those caused by pins
- is a 1 year limited warranty

38. There is a charge for Trulife product literature if more than 25 pieces are ordered.

- true
- false

39. Trulife breast forms need to be washed and cleaned.

- true
- false

40. Overall breast cancer survival rate is higher for younger women than for older women?

- true
- false



41. All breast forms of the same shape will fit the same.

true

false

42. Lumpectomy (and other types of partial breast surgery) is an appropriate surgical treatment for all women diagnosed with breast cancer.

true

false

43. From where does the support of a bra come?

straps

cups

hook & eye

comfortably snug bottom band

44. According to Medicare, a breast prosthesis is covered for a patient who has had a mastectomy with specific breast cancer codes.

true

false

45. The soft Bamboo material of Luna helps:

Keep form in pocket

Keep moisture from the skin

Reduce weight of form

Keep Shape

46. It is important to join your DME MAC's listserv to:

receive reimbursement faster

not have to file electronically

keep you "in-the-know"

lower your reimbursement amount for DMW items

47. Where can you find suggested breast form sizing during patient fitting appointment?

on the breast form box

on the bra tag

in the Trulife catalog

on the bra box

48. A loose bra is actually a good choice for most patients.

true

false

49. A bilateral patient must always be fit with prostheses that are the same size as her breast were?

true

false

50. To save time, Trulife bras should always be dried in the dryer?

true

false