

12 FEB. 2026 — 23 JUN. 2026

POST GRADUATE COURSE IN
BREAST DISEASES
1ST EDITION

FOCUS ON BREAST CANCER

**ADVANCED
EDUCATION**
NOVA MEDICAL SCHOOL



SCIENTIFIC SPONSORSHIPS



SIOG
INTERNATIONAL SOCIETY
OF GERIATRIC ONCOLOGY



SPLS
SOCIEDADE PORTUGUESA
LITERACIA EM SAÚDE



INSTITUTIONAL COLABORATION



WHY A POST GRADUATE COURSE IN BREAST DISEASES WITH EMPHASIS ON BREAST CANCER?

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 - **30 ECTS**
MANDATORY THEORETICAL AND PRATICAL SESSION + OPTIONAL 1 - **31 ECTS**
MANDATORY THEORETICAL AND PRATICAL SESSION + OPTIONAL 2 - **32 ECTS**

Application deadline
28th january, 2026

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

André, Saudade
Abreu, Joaquim
Abreu, Miguel
Almeida, Cristina Vaz de
Amaral, Patrícia
Ângelo, Cristina
Araújo, Manuel
Azevedo, Marta
Barreiros, Graça
Batísti, Nicolo
Bonifácio, Dulce
Brito, Margarida
Calisto, Francisco
Cardoso, Fátima
Cardoso, Paulo
Carvalho, José
Cavaco, Patrícia
Cheung, Kwok
Coelho, José Luís Passos
Cortes, Paulo
Costa, Diogo
Costa, Filipe
Coutinho, Filipe
Da Silva, Mariana Vieira
Dinis, Rui
Duarte, Tânia
Ferreira, Bruno
Fidalgo, Pedro
Fonseca, Isabel Adão da
Fonseca, Vasco
Fougo, José Luis

Gamelas, João
Guiomar, Teresa
Labareda, Miguel
Lago, Lissandra Dal
Loftus, Loretta
Maduro, Luís
Maia, Sara
Martins, Ana Rita
Martins, Soraia
Masood, Shahla
Matos, Leonor
Mendes, Clara Marques
Morujão, Inês
Nogueira, Rúben
Nogueira, Rui
Osório, Fernando
Palma de Sousa, Susana
Paulo, Judy
Pereira, José
Pintão, Sofia
Ponte, Guida da
Sampaio, Rita
Santo, Jorge Espírito
Sidiropoulou, Zacharoula
Simões, Inês
Simões, Teresinha
Sousa, Berta
Sousa, Gabriela
Talhinhas, Ana
Teixeira, Sara
Vaz, Fátima
Vilaça, Jaime

PROGRAMME

BLENDED

152H

IN-PERSON AND ONLINE

SESSION 1

12 FEB 2026 | 9 AM - 1 PM

Breast Anatomy and Carcinogenesis

- Course introduction (Zacharoula Sidiropoulou, Vasco Fonseca)
- Anatomy and physiology of the breast (Inês Morujão)
- Carcinogenesis: Biological mechanisms, invasion and metastasis (Rita Sampaio)

SESSION 2

14 FEB 2026 | 9 AM - 1 PM

Prevention and Screening

- Epidemiology of breast cancer (Margarida Brito)
- Primary and secondary prevention (Margarida Brito)
- Screening for high-risk groups (Margarida Brito)
- Population screening (Loretta Loftus)
- Opportunistic screening (Loretta Loftus)
- Screening in the elderly (Loretta Loftus)

SESSION 3

19 FEB 2026 | 9 AM - 1 PM

Breast Clinics and Pathology 1.0

- Anamnesis, objective examination (Ana Rita Martins)
- Heredity (Ana Rita Martins)
- Calculation of individual risk (Zacharoula Sidiropoulou)
- Interpretation of complementary exams (Zacharoula Sidiropoulou)

SESSION 4

22 FEB 2026 | 9 AM - 1 PM

Breast Clinics and Pathology 2.0

- Breast pain (Patrícia Amaral)
- Inflammatory processes (Patrícia Amaral)
- Nodules (Patrícia Amaral)
- Nipple discharge (Pedro Fidalgo)
- Congenital pathology (Pedro Fidalgo)
- Other pathologies (Pedro Fidalgo)



PROGRAMME

BLENDED

152H

IN-PERSON AND ONLINE

SESSION 5

26 FEB 2026 | 9 AM - 1 PM

Breast Imaging

- B3 breast lesions, imaging characteristics, recommendations for approach and treatment (Graça Barreiros)
- In situ lesions, imaging characteristics (Graça Barreiros)
- Invasive lesions, imaging characteristics (Ana Talhinhos)
- Invasive lesions after neoadjuvant chemotherapy, imaging characteristics (Luís Maduro)

SESSION 6

28 FEB 2026 | 9 AM - 1 PM

Breast Pathology and Nuclear Medicine

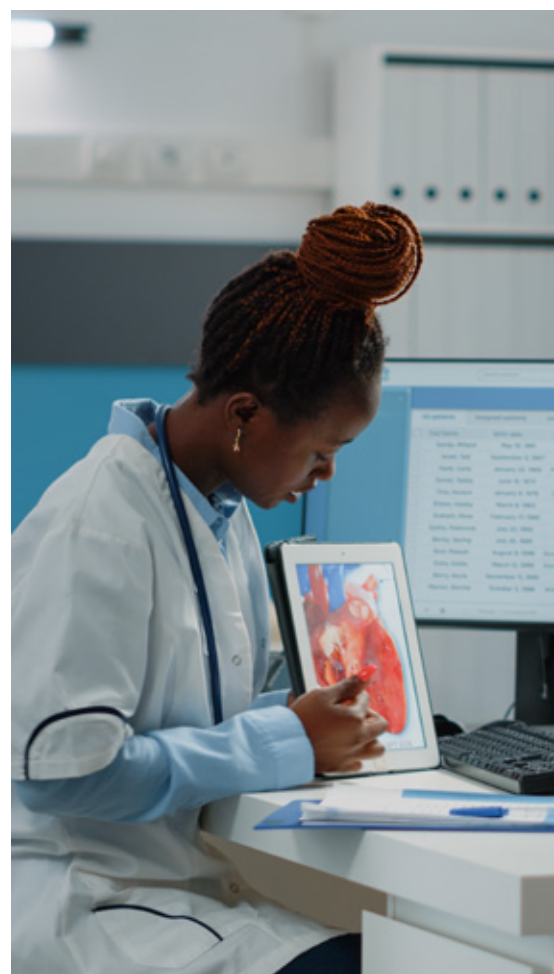
- Nuclear imaging in breast cancer, from diagnostics to treatment (Sofia Pintão)
- B3 breast lesions, anatomopathological characteristics (Rita Sampaio)
- In situ lesions, anatomopathological characteristics (Rita Sampaio)
- Invasive lesions, anatomopathological characteristics (Saudade André)
- Invasive lesions after neoadjuvant chemotherapy, pathology characteristics (Shahla Masood)

SESSION 7

05 MAR 2026 | 9 AM - 1 PM

Breast Surgical Oncology 1.0

- Biopsies, recommendations and techniques (Pedro Fidalgo)
- Breast conservative surgery (Ana Rita Martins)
- Radical/sparing/aesthetic surgery (Bruno Ferreira)
- Axillary staging and approaches (Paulo Cardoso)
- Onco-dermato-esthetics in breast cancer (Isabel Adão da Fonseca)



PROGRAMME

BLENDED

152H

IN-PERSON AND ONLINE

SESSION 8 IN-PERSON

07 MAR 2026 | 9 AM - 6 PM

Best Practices and Social Innovation

- Enhanced Recovery After Surgery (ERAS) breast/Outpatient mastectomy/Outpatient surgery/Inpatient home surgery (Patricia Amaral)
- Day care hospital in home hospitalization (José Pereira)
- Support associations (Vasco Fonseca)
- Social prescription (Cristina Vaz de Almeida)
- 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 (Sara Teixeira)
- Psychooncology in breast cancer, emotional and psychological impact and psychological and behavioral variables. Individual and group psychological support (Guida da Ponte)

SESSION 9

12 MAR 2026 | 9 AM - 6 PM

Best Surgical Oncology 2.0

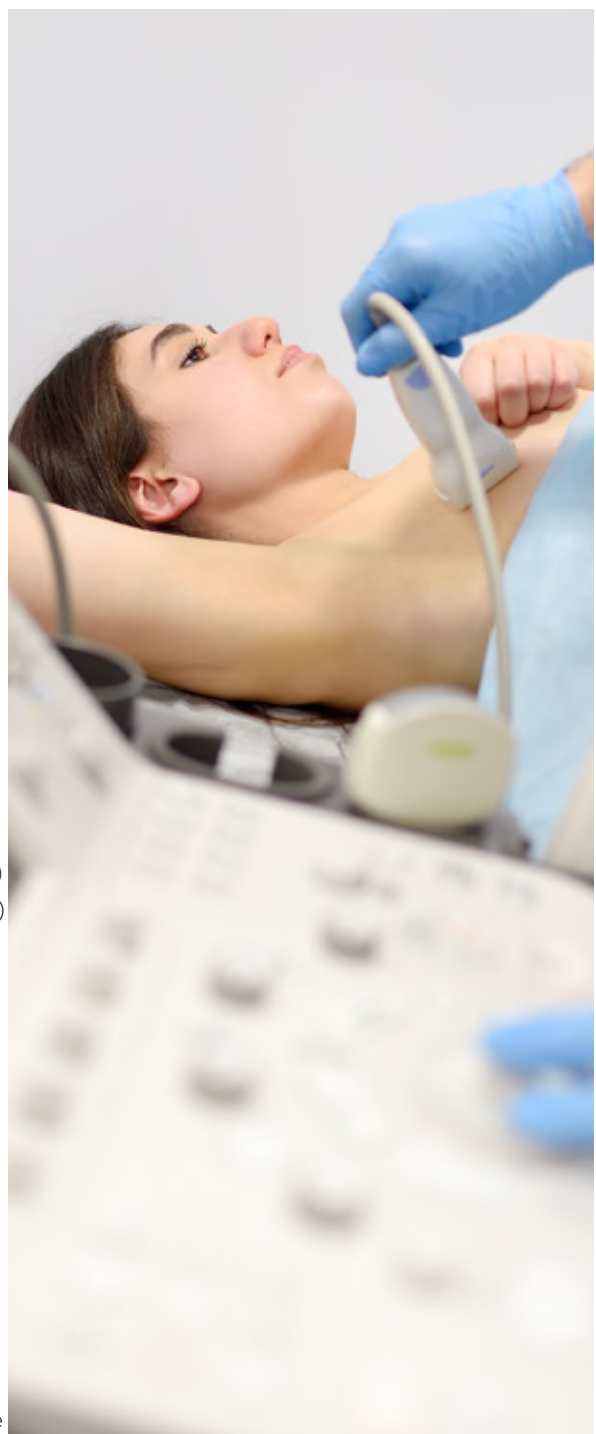
- Reconstructive surgery (Rúben Nogueira)
- Breast surgery complications and their approach (Rúben Nogueira)
- Lymphedema invasive and non-invasive approach (Marta Azevedo)

SESSION 10

14 MAR 2026 | 9 AM - 1 PM

Best Medical Oncology 1.0

- Oncology medical appointment (José Pereira)
- Therapeutic decision appointment (José Pereira)
- Breast cancer staging (Soraia Martins)
- Therapeutic plan (Soraia Martins)
- Early BC Neoadjuvant treatment, state of art and clinical practice (Paulo Cortes)
- Early BC Adjuvant treatment, state of art and clinical practice (Paulo Cortes)
- LABC Neoadjuvant treatment, state of the art and clinical practice (Miguel Abreu)
- LABC Adjuvant treatment, state of the art and clinical practice (Miguel Abreu)



PROGRAMME

BLENDED

152H

IN-PERSON AND ONLINE

SESSION 11

19 MAR 2026 | 9 AM - 1 PM

Best Medical Oncology 2.0

- ABC Neoadjuvant treatment, state of the art and clinical practice (Leonor Matos)
- ABC Adjuvant treatment, state of the art and clinical practice (Leonor Matos)
- Treatment approaches in metastatic breast cancer (Leonor Matos)
- Principles of approach to recurrent disease (Berta Sousa)

SESSION 12

21 MAR 2026 | 9 AM - 1 PM

Radiotherapy

- State of the art in breast radiotherapy: who and when? (Miguel Labareda)
- State of the art in axillary radiotherapy: who and when? (Miguel Labareda)
- Hypo- and ultra-hypofractionation (Miguel Labareda)
- Future directions, when to omit, in which patients, in which particular type of disease? (Miguel Labareda)

SESSION 13

26 MAR 2026 | 9 AM - 1 PM

Complications and Rehabilitation

- Complications related to medical treatment, common side effects, and serious complications (José Pereira)
- Complications related to radiotherapy, immediate side effects and long-term complications (Miguel Labareda)
- Acute and chronic pain management (Inês Simões)
- Rehabilitation and Exercise (Cristina Ângelo)

SESSION 14

28 MAR 2026 | 9 AM - 1 PM

Geriatric Oncology 1.0

- Geriatrics, concepts and basics (Dulce Bonifácio)
- Oncogeriatrics, why the need, what is an oncogeriatrics appointment (Filipe Coutinho)



PROGRAMME

BLENDED

152H

IN-PERSON AND ONLINE

SESSION 15

09 ABR 2026 | 9 AM - 1 PM

Geriatric Oncology 2.0

- Breast surgery in elderly patients (Fernando Osório)
- Axillary surgery in elderly patients (Kwok Cheung)
- Neoadjuvant treatment in elderly patients (Nicolo Batísti)
- Adjuvant treatment for elderly patients (Berta Sousa)

SESSION 16 IN PERSON

11 ABR 2026 | 9 AM - 6 PM

Best Practices Patient Centered Care

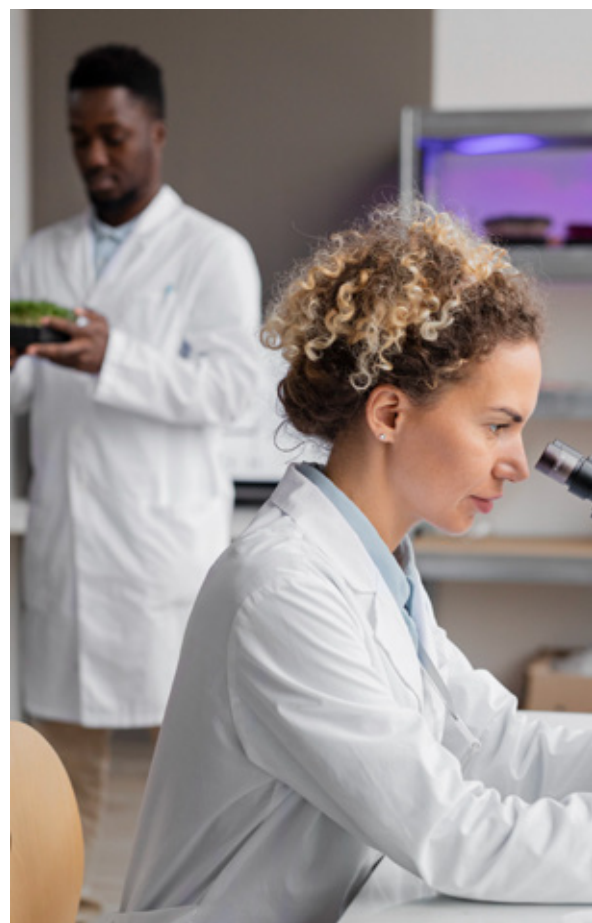
- Therapeutic conciliation consultation (Patricia Cavaco)
- Primary care and oncology medication (Patricia Cavaco)
- Hospital care and oncology medication (Patricia Cavaco)
- Literacy and polypharmacy (Cristina Vaz de Almeida)
- Roundtable (14h00 - 18h00):
 - Topic: future guidelines - digitization and 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 (Jorge Espirito Santo, Cristina Vaz de Almeida, Vasco Fonseca, Fátima Vaz, Clara Marques Mendes)

SESSION 17

16 ABR 2026 | 9 AM - 1 PM

Very Young Breast Cancer and Oncofertility

- Breast cancer in very young patients (what it is, who, how and where it should be treated) (Fátima Cardoso)
- Oncofertility, state of the art and future (Teresinha Simões)
- Cancer during pregnancy, state of the art and future (what it is, who, how and where it should be treated) (Tânia Duarte)



PROGRAMME

BLENDED

152H

IN-PERSON AND ONLINE

SESSION 18

18 ABR 2026 | 9 AM - 1 PM

Male Breast Cancer- Hereditary Breast Cancer- Special Cases

- Breast cancer in men, state of the art and future, (what it is, who, how and where it should be treated) (Leonor Matos)
- Hereditary cancer, state of the art and future, (what it is, who, how and where it should be treated) (Miguel Abreu)
- Clinical special cases (Zacharoula Sidiropoulou, Saudade André, Vasco Fonseca, José Luís Passos Coelho, Joaquim Abreu, Teresa Guiomar)

SESSION 19

23 ABR 2026 | 9 AM - 1 PM

Follow-up

- Follow-up of patients with breast cancer at the healthcare center, organization of care and guidelines (Rui Nogueira)
- Follow-up of patients with breast cancer at the breast unit, organization of care and guidelines (Zacharoula Sidiropoulou)
- Follow-up of patients with breast cancer at the continuing care unit, organization of care and guidelines (José Pereira)
- Follow-up of patients with breast cancer at the palliative care center, organization of care and indications (Manuel Araújo)

SESSION 20

07 MAY 2026 | 9 AM - 1 PM

Case Studies

- Special cases (Zacharoula Sidiropoulou, Vasco Fonseca, Rui Dinis, Fernando Osório, Miguel Labareda, Susana Palma de Sousa)

SESSION 21

09 MAY 2026 | 9 AM - 1 PM

Breast Cancer Patient Care and Innovation

- Monitoring the patient/survivor with breast cancer (José Carvalho)
- Artificial intelligence and breast cancer (Francisco Calisto)
- Prospects for medical treatment (Diogo Costa)
- Prospects for surgical treatment (Jaime Vilaça)



PROGRAMME

BLENDED

152H

IN-PERSON AND ONLINE

SESSION 22

14 MAY 2026 | 9 AM - 1 PM

Clinical Investigation-future directions

- Breast cancer research models (Lissandra Dal Lago)
- Clinical trials and their various phases (Sara Maia)
- The future of research (Judy Paulo)

SESSION 23 IN PERSON

16 MAY 2026 | 9 AM - 6 PM

Best Practices Breast Unit management

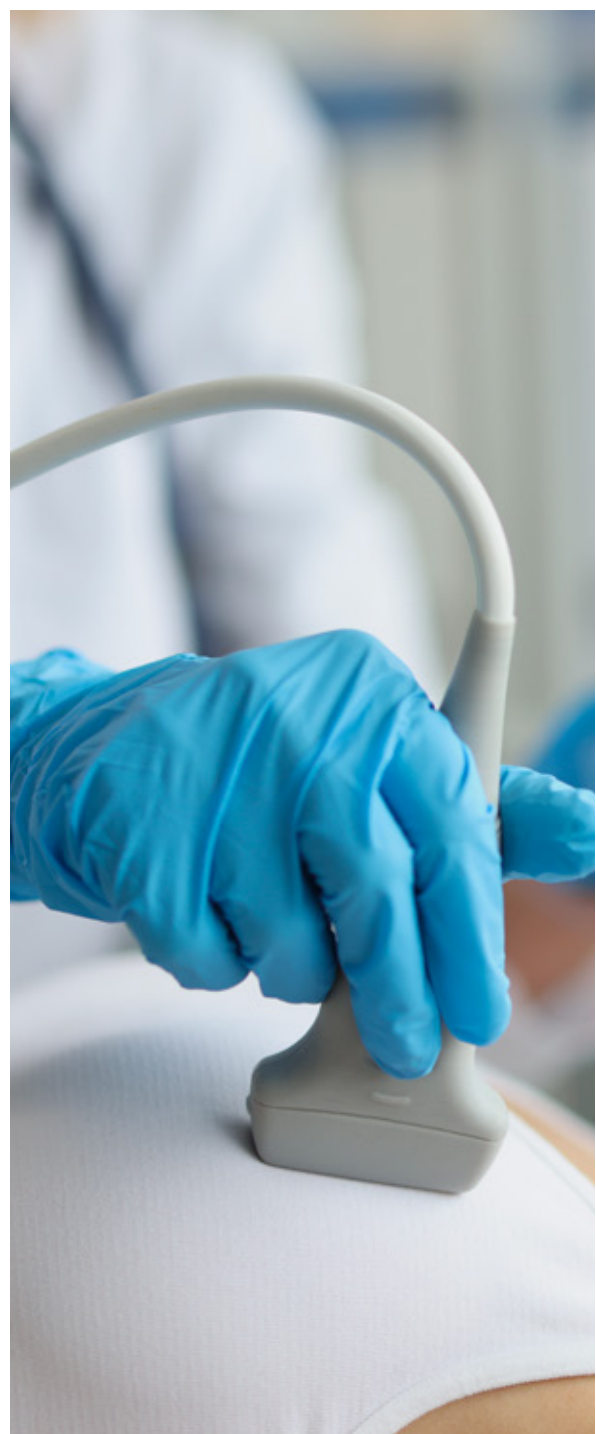
- Primary healthcare with a focus on early diagnosis, continuity of care and efficient coordination between different levels of care (Rui Nogueira)
- Geriatric context with a focus on personalized and differentiated care based on comprehensive geriatric assessment (Nicolo Batísti)
- Hospital health with a focus on multidisciplinary treatment, advanced technology, clinical research and psychosocial support (Vasco Fonseca)
- Value-based health care-public policies, with a focus on the management model based on the value generated for the patient (Filipe Costa)
- Roundtable (14h00 - 18h00):
 - Topic: public policies and the organization of units dedicated to breast pathology (Fátima Cardoso, Miguel Abreu, José Luis Fougo, João Gamelas, Rui Nogueira, Fernando Osório, José Luís Passos Coelho, Rui Dinis, Gabriela Sousa, Mariana Vieira da Silva)

SESSION 24 IN PERSON

23 MAY 2026 | 9 AM - 6 PM

Communication in Breast Care- Closure

- Communication in oncology-Surgeon (Zacharoula Sidiropoulou)
- Communication in oncology - Oncologist (Vasco Fonseca)
- Challenging conversations and response techniques (Guida da Ponte)
- Course evaluation



PROGRAMME

BLENDED

152H

IN-PERSON AND ONLINE

**MANDATORY
PRACTICAL
SESSION IN PERSON**

**15 TO 19 JUN 2026
9 AM - 6 PM**

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

SESSION 1

15 JUN 2026 | 9 AM - 6 PM

SESSION 2

16 JUN 2026 | 9 AM - 6 PM

SESSION 3

17 JUN 2026 | 9 AM - 6 PM

SESSION 4

18 JUN 2026 | 9 AM - 6 PM

SESSION 5

19 JUN 2026 | 9 AM - 6 PM

**OPTIONAL 1
PRACTICAL
SESSION IN PERSON**

23 JUN 2026 | 9 AM - 6 PM

- Intraoperative breast ultrasound for surgeons

**OPTIONAL 2
PRACTICAL
SESSION IN PERSON**

20 JUN 2026 | 9 AM - 6 PM

- Surgical techniques on cadavers



APPLICATION DOCUMENTS

CV
Degree certificate
Recommendation letter
Motivation letter

NUMERUS CLAUSUS

24

ADMISSION CRITERIA

Curriculum evaluation (mandatory)
Degree certificate (mandatory)
Recommendation letter (mandatory)
Motivation letter (mandatory)
Order of application

ATTENDANCE

80% attendance is mandatory

LANGUAGE

English

LOCATION | IN-PERSON SESSIONS

R. Luanda 166, Parede

TUITION

Application fee **100 €**

Tuition fee (include catering and insurance):

- Mandatory theoretical and practical sessions - **1900€**
- Mandatory theoretical and practical sessions + optional 1 - **2200€**
- Mandatory theoretical and practical sessions + optional 2 - **2500€**

Roundtables tuition fee (each one):

- **50€** (application fee) + **99€** (tuition fee)

PROGRAM MANAGER



FILIPA TOSCANO

ADDITIONAL INFORMATION

For further details, please contact the Program Manager

T: (+351) 915 680 768

formacaoavancada@nms.unl.pt

R. Luanda 166, 2775-233 Parede – Portugal

www.nms.unl.pt