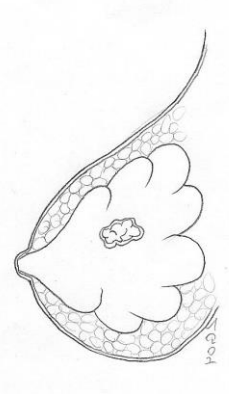


## FIBROADENOMA

### What is a fibroadenoma?

- A fibroadenoma is a benign (not cancerous) breast lump that occurs mainly in women under 35.
- This is the most common lump found in teenagers and in women in their early 20's.
- Unlike cysts, which are fluid-filled, fibroadenomas are solid lumps made up of fibrous tissue and gland cells that have multiplied faster than normal.



### Common features of a fibroadenoma:

- It is usually a painless, firm lump, although some women find the lump becomes tender before their period.
- Fibroadenomas are often found alone, approximately 15% of women will have them in groups or in both breasts.
- Some lumps get bigger, while others stay the same, get smaller or disappear over time.
- Having a fibroadenoma in the breast does not increase your risk of developing breast cancer.

### Diagnosis of a Fibroadenoma:

#### Examination/Treatment

- Your doctor or surgeon will take a thorough breast health history and then examine your breasts.
- Fibroadenomas usually feel like a slippery, smooth, hard marble that moves freely within the breast.
- It is not always possible to tell the difference between a fibroadenoma and a fluid-filled cyst.
- Mammography (if over 35 years) and /or ultrasound may be ordered.
- Radiologists recognize fibroadenomas on a mammogram as an oval-shaped, smooth surfaced, well-defined lump, whereas a cancer would appear as a more irregular shape, extending out into the surrounding tissues.
- If needed, a **CORE BIOPSY** can be done to ensure a definitive diagnosis.
- Using ultrasound guidance and local freezing the radiologist will insert a needle into the lump to remove a small piece of tissue for lab testing.
- Lab results from the sample can help the doctor determine whether a minor operation to remove the lump is necessary.

### Follow Up:

- Your age, past history, how long you have had the lump, mammogram or ultrasound findings, your anxiety level and any recent change in the size and shape of the lump are all considered when you and your doctor plan follow-up. Follow-up may include observation with return visits to your physician for a breast exam and repeat mammogram and/or ultrasound as needed.

### References:

1. Kneece, J. (2003). *Finding a breast lump in your breast. Where to go...what to do* (2<sup>nd</sup>ed.). Columbia: EduCare Inc.
2. Breast Cancer Information Exchange Project (OBCIEP).
3. Love, S. (2015). *Dr. Susan Love's breast Book* (6<sup>th</sup> ed.). Boston: Da Capo Press.
4. Olivotto, I., Gelmon, K., McCready, D., & Kuusk, U. (2017). *The intelligent patient guide to breast cancer* (6<sup>th</sup> ed.). Vancouver: Library and Archives Canada Cataloguing in Publication.

***This information is of a general nature and may vary according to your special circumstances. If you have specific questions, please contact your physician or appropriate health care professional.***