

## Fibroadenoma's

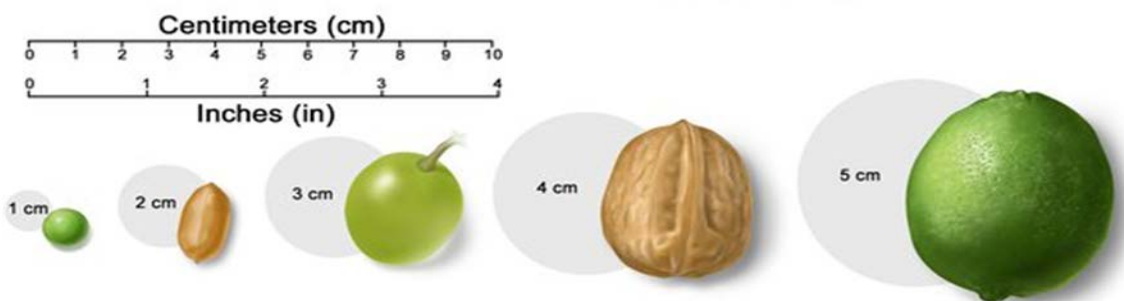
Fibroadenoma's are non-cancerous (benign) breast tumors that are usually made of glandular and fibrous breast tissue. They may form in a single area or in groups and present in various sizes. Fibroadenoma's are usually found in women between the ages of 15 to 30, but can appear later.

## How are fibroadenoma's found?

Through self-breast exams, you may feel a fibroadenoma. It is a cyst-like nodule that may feel firm, round, rubbery, or smooth. They are movable and may move during examination. They may become tender or swell before the menstrual cycle. This is due to changes in hormone levels. An ultrasound study can locate fibroadenoma's. They are distinguished from other breast tissue and they usually appear dark with smooth borders, round or oval. Additional testing or procedures may be done such as Breast MRI or biopsy of the lesion.

## How big are fibroadenoma's?

They vary in size, but can usually range anywhere from less than 1cm to 5cm, but can be larger.



## How are fibroadenoma's treated?

Treatments can vary since these are benign tumors. If they are small, painless, remain unchanged and a biopsy supports this, you may not need any further interventions. Usually follow up ultrasounds are recommended to monitor the area. If the area is large, painful, growing, or a biopsy shows atypical cells (very active), you may need to have the area surgically removed through a lumpectomy. This is a surgical procedure that removes a lump or tumor.

# Patient Education



## **Reminder:**

Although fibroadenoma's are not usually associated with cancer, it is important that all pain be examined by trained specialists.