

BREAST CYST

Breast Cysts: Your Questions Answered

Q: What is a breast cyst?

A: *A breast cyst is a fluid-filled sac that forms in the breast tissue.*

Q: Are all breast cysts cancerous?

A: *No, most breast cysts are benign (non-cancerous) and do not pose a significant health risk.*

Q: How are breast cysts detected?

A: *Breast cysts are typically detected through imaging tests like mammography or ultrasound.*

Q: What is fine needle aspiration (FNA)?

A: *Fine needle aspiration is a procedure where a small needle is used to withdraw fluid from a breast cyst for analysis.*

Q: Is FNA always necessary for breast cysts?

A: *Not all breast cysts require treatment. Simple cysts may be monitored without intervention.*

Q: What are the benefits of FNA?

A: *Fine needle aspiration helps confirm the diagnosis and can provide immediate relief if the cyst is causing discomfort.*

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Q: Can breast cysts increase the risk of breast cancer?

A: *Most breast cysts are not associated with an increased risk of breast cancer. However, further evaluation may be needed if concerning features are present.*

Q: How often should breast cysts be monitored?

A: *The frequency of monitoring depends on the characteristics of the cyst and your healthcare provider's recommendations.*

Q: What can I do to promote breast health?

A: *Regular breast self-exams, annual clinical breast exams, and following recommended screening guidelines are essential for breast health.*

Q: Where can I get more information and support?

A: *Reach out to our Women's and Breast Imaging Centre or speak with your healthcare provider for personalized guidance and support.*

