

FIBROADENOMAS

1) What are Fibroadenomas (FA)?

- lump comprising of glandular and fibrous breast tissue
- the most common solid **benign** mass found in about 10% of all women
- **do not raise the risk of developing breast cancer.**
- mostly fibroadenomas are simple (1-3cm in size),
- and a few complex (reaching about 5cm in size - **Giant FA**).

2) What causes fibroadenomas?

- occur due to an increased sensitivity to the hormone, oestrogen.
- may increase slightly in size just before a menstrual cycle.

3) When do they develop?

- between the ages of 15 to 30 years of age,
- during pregnancy and in some post menopausal women who are on Hormone Replacement Therapy (HRT).
- Most fibroadenomas will disappear over time, but not usually until after menopause, unless the woman is not taking HRT.
- it is not uncommon to have more than one.

4) Can you feel them?

- You may feel a **FA** when doing a breast self-examination (BSE).
- To touch they could feel; firm, rubbery, round and move, usually painless
- but some are tender especially just prior to a period, when they can swell slightly.
- Most stay the same size, but may increase during pregnancy and breastfeeding, but will then shrink down after.

5) Treatment.

- New lump consult GP
- Mammogram, ultrasound and a biopsy for diagnosis in women in late 30s and above
- women in 20's should have ultrasound examination and biopsy
- **FA's** are easily distinguished on ultrasound, but a **biopsy** is recommended for a conclusive answer.

6) Follow Up.

- **Post diagnosis 6 month follow up ultrasound is done** to monitor size.
- If significant increase in size a surgical review is recommended

FA's vacuum removals are performed under **local anaesthetic**, without having surgery. This procedure is available at **Women's and Breast Imaging (WBI)**, this involves:

- Ultrasound guided vacuum removal of the FA, through the opening of the biopsy needle until all is removed.
- This procedure can cause some bruising and discomfort for a few days.
- Removal does not affect the shape of the breast significantly; some may have a slight dent.

7) Discuss with **WBI staff** if a vacuum removal is an option you may be interested in.

