

Understanding Fibroadenoma: Your Questions Answered

FIBROADENOMA

Q: What is fibroadenoma?

A: *A fibroadenoma is a noncancerous breast tumour made up of glandular and fibrous tissues. It is the most common benign breast condition.*

Q: What causes fibroadenomas?

A: *The exact cause of fibroadenomas is unknown. Hormonal factors, genetics, and estrogen sensitivity may play a role in their development.*

Q: How do fibroadenomas feel?

A: *Fibroadenomas typically feel like a firm, smooth, and rubbery lump that moves easily under the skin. They are usually painless.*

Q: Do fibroadenomas increase the risk of breast cancer?

A: *Most fibroadenomas do not increase the risk of breast cancer. However, certain subtypes, such as complex fibroadenomas, may have a slightly higher risk.*

Q: How are fibroadenomas diagnosed?

A: *Fibroadenomas are often diagnosed through a combination of physical examination and imaging tests (such as mammography and ultrasound). In some cases, a biopsy may be recommended for further evaluation.*

Q: What is a core biopsy?

A: *A core biopsy is a minimally invasive procedure that involves removing a small sample of tissue from the fibroadenoma for examination. It is typically performed under local anaesthesia using a needle-like instrument guided by imaging techniques.*

FIBROADENOMA

Q: What is vacuum-assisted excision?

A: *Vacuum-assisted excision is a procedure that removes the entire fibroadenoma using a vacuum-assisted device. It is performed under local anesthesia and is particularly useful for small to larger fibroadenomas.*

Q: When is a core biopsy or vacuum-assisted excision recommended?

A: *A core biopsy or vacuum-assisted excision may be recommended to provide a more definitive diagnosis and guide further treatment decisions.*

Q: Can fibroadenomas come back after removal?

A: *Recurrence of fibroadenomas after surgical removal is rare. However, new fibroadenomas can develop independently in the same or opposite breast.*

Q: How can I manage the anxiety associated with fibroadenomas?

A: *It is normal to feel anxious after a fibroadenoma diagnosis. Regular breast self-exams, routine screening mammograms, and open communication with your healthcare provider can provide reassurance and peace of mind.*

Q: Where can I find support and additional information?

A: *Our Women's and Breast Imaging Center is here to address your concerns and provide support throughout your journey. Reach out to us or consult with your healthcare provider for personalised guidance.*

