What is a fibroadenoma?
- A common, benign breast lesion that presents as one or more solid lumps in the breast.
- Lump contain both connective tissue and tissue from the milk glands.
- Most often round and rubbery and will move around in the breast easily.
- Most often painless.
- Lump(s) can vary in size, anywhere from pea size to larger than a lemon.

Who is prone to fibroadenoma?
- Fibroadenoma is more common in younger women in their teens and twenties.
- However, can occur at any age up until menopause.
- Fibroadenoma is responsive to hormone levels therefore, women taking hormone therapy can get them even after menopause.
- Due to hormone sensitive, fibroadenoma can change in size with varying hormone levels (i.e. during pregnancy, during menstrual cycle).

How is fibroadenoma diagnosed?
- A lump is first noticed during a self breast exam or during a clinical breast exam with your healthcare provider.
- Further investigation with a mammogram and/or ultrasound is often recommended to rule out other breast diseases.
- Ultrasound (image below) is a useful tool as it can most accurately measure the size, determine the number and provide information on the growth of fibroadenoma over time.

How is fibroadenoma treated?
- The treatment of a fibroadenoma depends on each patients’ needs, concerns and expectations.
- Most women monitor fibroadenoma through self breast exams, clinical breast exam by their healthcare provider, and follow-up ultrasounds as determined by a radiologist.
- An ultrasound guided core biopsy (see definition) may be recommended to rule out other breast disease.
- Surgery is not necessary unless the fibroadenoma is unacceptable to the patient, it continues to grow, or the diagnosis is questionable.

Does a fibroadenoma put me at high risk for breast cancer?
- No. Fibroadenoma do not increase a woman’s risk of developing breast cancer in her lifetime.
- However, any new lump(s) found in the breast should be examined by your healthcare provider.
Benign Breast Disease
Definition:
- Ultrasound Guided Core Biopsy
  Ultrasound is used to guide the placement of a needle into a breast lump so that samples of tissue can be removed for analysis under a microscope.

References:

Ottawa Regional Women’s Breast Health Centre, (September 2001). What is a fibroadenoma? (Brochure) Unknown Author.

Ottawa Regional Women’s Breast Health Centre, (September 2001). What is a cyst? (Brochure) Unknown Author.


PRHC’s Breast Health Navigator is a healthcare professional with specialized knowledge in breast health.

She is available to you to answer any questions or if you would like more information about breast health, call: (705) 743-2121 Ext. 2691

Welcome to PRHC’s Breast Assessment Centre
A Guide for Patients & Families

We hope this pamphlet answers some of your questions.