



A GUIDE FOR PATIENTS

BENIGN BREAST DISEASE

What is a Fibroadenoma?

The Breast Health Navigator is a healthcare professional with specialized knowledge in breast health.

She is available to answer any of your questions or provide more information about breast health.

Breast Health Navigator
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What is a fibroadenoma?

- A common, non-cancerous breast lesion that presents as one or more solid lumps in the breast
- The lump will contain both connective tissue and tissue from the milk glands
- They are most often round and rubbery and will move around in the breast easily
- They are most often painless
- They can vary in size, anywhere from pea size to larger than a lemon

Who is prone to fibroadenomas?

Fibroadenomas are more common in younger women who are in their teens and twenties. However, a fibroadenoma can occur at any age up until menopause. Fibroadenomas are responsive to hormone levels; therefore, women taking hormone therapy can get them even after menopause.

Due to hormone sensitivity, fibroadenomas can change in size with varying hormone levels (e.g. during pregnancy, during menstrual cycle).

How are fibroadenomas diagnosed?

Fibroadenomas are often first noticed by a self breast exam or during a clinical breast exam with your primary healthcare provider. Further investigation with a mammogram and/or ultrasound may be recommended to rule out other breast diseases. Ultrasound is a useful tool as it can most accurately measure the size, determine the number and provide information on the growth of fibroadenomas over time.

What is the treatment for a fibroadenoma?

The management of a fibroadenoma depends on each patients' needs, concerns and expectations. Most women tend to monitor fibroadenomas through breast self-exam, clinical breast exam by their primary healthcare provider, and follow-up ultrasounds as determined by a radiologist

Occasionally it may be recommended to have an **ultrasound guided core biopsy** to rule out other breast diseases. This is when ultrasound is used to guide the placement of a needle into a breast lump. Samples of tissue can then be removed for review under a microscope.

Surgery is not usually necessary unless the presence of the fibroadenoma is unacceptable to the patient, it continues to grow, or the diagnosis is questionable.

Do fibroadenomas put a woman at higher risk for breast cancer?

Fibroadenomas **do not** increase a woman's risk of developing breast cancer in her lifetime. However, any new lump that a woman finds in her breast should always be looked at by her primary healthcare provider.

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