

Fibroadenoma

A fibroadenoma is a smooth, firm breast lump. It may be detected on a mammogram and/or an ultrasound. The cause of fibroadenomas is not known.

How common are fibroadenomas?

Fibroadenomas are a common benign breast finding. They are more common in women aged 18 to 30 years but may be found in women of all ages.

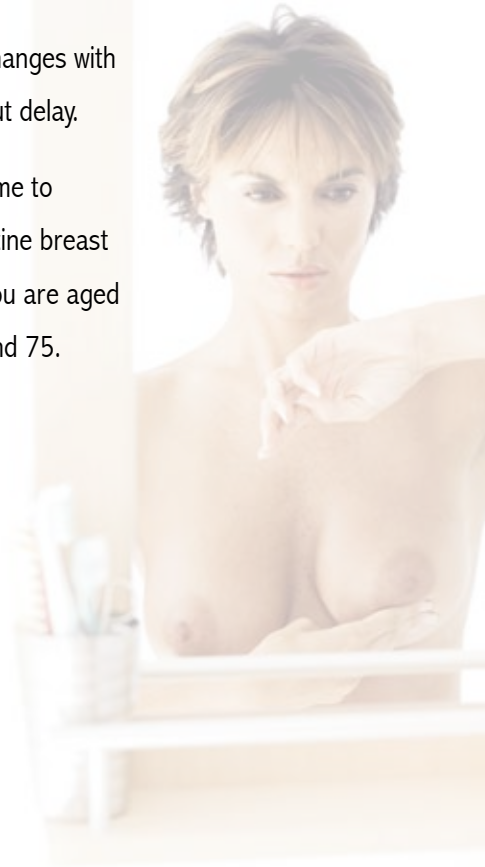
Do fibroadenomas cause symptoms?

A fibroadenoma does not usually cause any symptoms. However, some fibroadenomas may be felt as a lump.



How to be 'Breast Aware'

- Know what is normal for you.
- Know what changes to look for.
- Look at and feel your breasts.
- Discuss any changes with your GP without delay.
- You are welcome to attend for routine breast screening if you are aged between 40 and 75.



BENIGN Breast Changes

- Cyst
- Fibrocystic Change
- Calcification
- Fibroadenoma

- a common finding

Cyst

As part of hormonal breast changes the breast produces and absorbs fluid. A cyst is a blocked milk duct filled with this fluid. Simple cysts are harmless and do not change into cancer.

How common are cysts?

Cysts are very common. However, they are more common in women aged 35-50 years and in women taking hormone replacement therapy (HRT).

A woman may only get one or two cysts in her lifetime, although some women may have cysts that re-occur.

Do breast cysts cause symptoms?

Cysts may not cause any symptoms and may only be found on a mammogram (breast x-ray) and/or ultrasound. They may be felt as a soft or firm lump and can enlarge and become tender and painful prior to a period. Many women may have a cyst/s without knowing it.



Fibrocystic Breast Change

Breasts are made up of fibrous, fatty and glandular tissue. Women with fibrocystic breast changes have a greater proportion of fibrous and glandular tissue. This may result in lumpy, tender breasts.

How common are fibrocystic breast changes?

Fibrocystic breast changes are fairly common. More than half of women aged 30-50 years have these changes. The symptoms usually subside during menopause because of changing hormone levels.

Fibrocystic breast changes are more common in women who:

- Have a mother or sister with this type of breast tissue.
- Have not had children.
- Experience severe pre-menstrual symptoms.
- Experience menstrual irregularities.
- Are taking hormone replacement therapy (HRT).

Do fibrocystic breast changes cause symptoms?

Breast tenderness, pain and/or lumpiness are common symptoms of fibrocystic breast changes. These may vary from woman to woman and commonly occur before a period.

These symptoms are related to hormones that cause breast glands and ducts to retain more fluid and usually subside after a period.

Calcification

Small deposits of calcium may occur in the breasts for many reasons. They show up on a mammogram (breast x-ray) as tiny white specks. Calcification takes many forms, it may be:

- Scattered throughout the breasts.
- Or in small clusters.

Calcification may occur with other benign breast conditions such as fibrocystic breast change and fibroadenomas.

How common is calcification?

Calcification occurs most commonly in women over 50 years of age and in most cases is of no concern.

Do calcifications cause symptoms?

Calcification does not usually cause any symptoms and can only be seen on a mammogram (breast x-ray).

