

Understanding Fibroadenoma

A **fibroadenoma** (fy-bro-ad-uh-NO-muh) is the most common type of growth found in the breast that is not cancer. They are found most often in women between the ages of 15 and 35.

What Causes Fibroadenoma?

The cause is not known. Doctors think it may be related to female hormones.

Symptoms of Fibroadenoma

- A fibroadenoma can often feel like a lump in your breast. It can feel small, round, or rubbery.
- You may feel it move beneath your fingers.
- You may feel more than 1 lump. A fibroadenoma can grow in 1 or both breasts.
- They usually do not cause pain.

Treatment for Fibroadenoma

Your doctor may recommend:

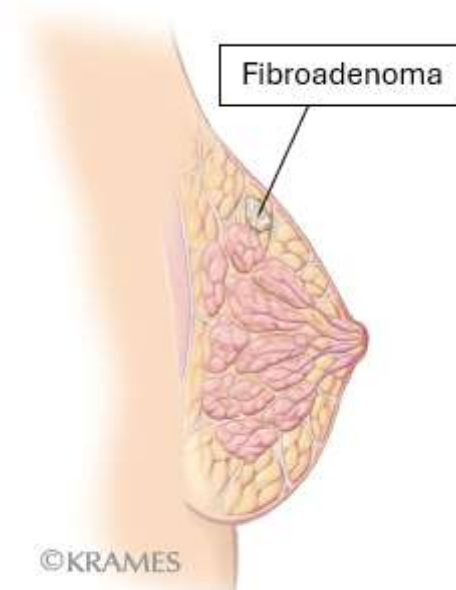
- A diagnostic mammogram **or** breast ultrasound. Sometimes your provider will want you to have **both** a mammogram and breast ultrasound.
- A biopsy to confirm the tissue is not cancer.
- Watching the fibroadenoma closely to see if it grows or changes. Some fibroadenomas stop growing and shrink as you age.
- If a fibroadenoma does grow, change, or is causing discomfort, your doctor may recommend talking with a specialist to discuss removal.

Possible Complications of Fibroadenoma

- If the fibroadenoma is removed, you may have scar tissue in your breast.
- In some cases the fibroadenoma may have concerning features that could increase your risk of developing breast cancer in the future.

When to Call Your Provider

Call your provider right away if you have any of these:



- Pain or soreness in the breast that does not go away or that gets worse
- An abnormal lump in the breast
- A change in skin color over the breast
- Dimpling or puckering of the skin over the breast
- A nipple that becomes pulled in (retracted)
- Unusual, dark, or bloody discharge from a nipple

If you find a lump or other change in your breast, it does not always mean you have cancer. It does mean that you need to see your doctor.

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Always follow your health care provider's instructions.