

What is Atypical Hyperplasia of the Breast?

Changes to the cells that line the lobules and milk ducts of the breast that are not yet cancer may be called:

- Atypical ductal hyperplasia (hi per play zhuh)
- Atypical lobular hyperplasia
- Flat epithelial atypia

If It Is Not Cancer, Why Should I Follow-Up?

Atypical hyperplasia increases the risk of developing breast cancer in your lifetime. 1 in 3 women with atypical hyperplasia will develop breast cancer. The cancer can develop anywhere in the breast.

Do I Need Surgery?

Most women with atypical hyperplasia will need a lumpectomy. This is a surgery that removes tissue from an area that was already biopsied. This helps make sure cancer was not missed during the biopsy.

Do I Need Medical Treatment?

Chemotherapy is not needed for atypical hyperplasia. Women with atypical hyperplasia may be given a medicine that blocks estrogen and helps reduce the risk of breast cancer.

Are There Other Treatments to Consider?

- If atypical hyperplasia is found and diagnosed after a surgical biopsy that takes out the entire area of atypical hyperplasia, follow-up care includes more frequent mammograms. Sometimes, your doctor may advise more frequent clinical breast exams and breast self-exams.
- Drugs such as tamoxifen (for all women) or raloxifene or an aromatase inhibitor (for postmenopausal women) may also be prescribed.

What Should I Do for My Breast Health?

Know your cancer risk factors. Control the risk factors that you can.

Practice these healthy habits:

- Eat a healthy plant-based diet
- Exercise regularly
- Control your weight
- Limit alcohol use
- Do not use hormone therapy for menopause symptoms

For More Information

- Ask for the Edith Sanford brochure called the Breast Health Fast Guide
- Discover Edith Sanford Breast Centers
www.edithsanford.org/
- Learn more at National Cancer Institute
www.cancer.gov/cancertopics/types/breast