What is atypical hyperplasia of the breast?

Atypical ductal hyperplasia (a-tip-i-cul duc-tul hi-per-play-zhuh) and atypical lobular hyperplasia (a-tip-i-cul lobe-yuh-ler hi-per-play-zhuh) are abnormal changes to the cells that line the lobules and milk ducts of the breast that do not yet qualify as cancer.

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.

What follow-up will I need? Do I need any more tests?

Women with atypical hyperplasia should have increased breast cancer screening. Often this includes alternating 3D mammograms with breast MRIs every 6 months. In addition, clinical breast exams should be done every 6 to 12 months.

Is genetic testing right for me?

Women with atypical hyperplasia have a greater risk of developing breast cancer in the future. Those with a family history of breast cancer, especially with many family members at young ages, may benefit from meeting with a genetic counselor to discuss possible genetic testing.

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