

## Understanding Fibroadenoma

Not all breast lumps are cancer. A **fibroadenoma (fy-bro-ad-uh-NO-muh)** is a type of tumor that is not cancer. They are found most often in women in their teens and 20s.

### What causes fibroadenoma?

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

### Symptoms of fibroadenoma

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

### Treatment for fibroadenoma

#### Your doctor may recommend:

- Regular clinical breast exams.
- Watching the fibroadenoma closely to see if it grows or changes. Some tumors stop growing and shrink as you age.
- A diagnostic mammogram or breast ultrasound. A series of ultrasounds may be recommended to look for changes over time.
- A biopsy to confirm the tissue is not cancer.
- If it does grow or change, many doctors recommend removing the fibroadenoma.

### Possible complication of fibroadenoma

- If the fibroadenoma is removed, you may have scar tissue in your breast.
- Even though a fibroadenoma is not cancer, it may slightly increase your chance of developing breast cancer in the future.

### When to call your doctor

#### Call your doctor right away if you have any of these:

- Pain or soreness in the breast that doesn't go away or that gets worse
- A new or changed 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.