

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.