

## Be Breast Aware

Know your breasts.

Know how they look and feel.



When you are familiar with your breasts and how they change through time, you are more likely to notice breast changes that seem unusual to you.

There is no right or wrong way to check your breasts. Find a way that is comfortable for you.

## It's good to ask questions

If you have any questions, please call the Breast Health Clinic.

**We are here to support you!**

## Breast Fibroadenoma

**Breast Health Clinics**  
Monday to Friday

Jim Pattison Outpatient Care and  
Surgery Centre, Surrey 604-582-4563  
8:00AM to 4:00PM

Abbotsford Regional Hospital,  
Abbotsford 604-851-4806  
8:00AM to 3:00PM

[www.fraserhealth.ca](http://www.fraserhealth.ca)

This information does not replace the advice  
given to you by your healthcare provider.

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## What is a fibroadenoma?

A fibroadenoma (sounds like ph-eye-bro-ad-in-oh-ma) is a solid lump of breast tissue. This type of lump is benign, which means it is not cancer.

These lumps are usually 1 to 5 centimetres (1/2 inch to 2 inches) across but can get as large as 15 centimetres (almost 6 inches) across.

You might be able to feel the lump, depending on the size and location. A fibroadenoma can be seen on a mammogram or ultrasound test.

Usually, there is a single lump in one breast, but some women have many lumps in both breasts.

This type of lump is the most common solid lump found in the breast tissue of young women. It is the reason for many biopsies and a lot of worry!

### Breaking down the medical word

'fibro' means fibre

'adeno' means gland – the breast is a gland

'oma' means lump or tumour

## What causes a fibroadenoma?

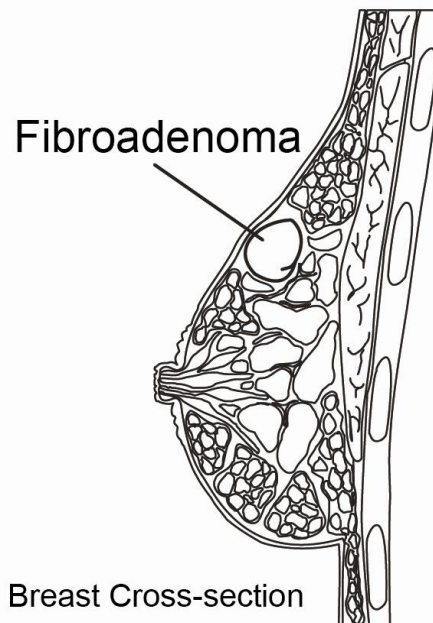
We do not know what causes them to form.

We do know that women in their 20's and 30's are more likely to get a fibroadenoma.

Hormones, like estrogen, can cause a fibroadenoma to grow.

Here is how hormones affect a fibroadenoma:

- Before your menstrual period, a fibroadenoma can swell and become very tender.
- Fibroadenoma can grow larger during pregnancy or breastfeeding.
- Fibroadenomas often shrink after menopause.



## How is a fibroadenoma treated?

Remember, a fibroadenoma is not cancer.

Treatment depends on you and how you feel.

If the lump is **small, painless, and not growing**:

- The best thing to do is just watch it over time.
- Check your breast regularly.
- See your doctor for yearly breast exams.
- If the lump is growing, call your doctor right away.
- If you are over 40 years of age, have a screening mammogram every 1 to 2 years.

If the lump is **large, painful, and growing**, and making you worry:

- Talk to your doctor. Together, you may decide that an operation to remove is best. We can help arrange this surgery for you.