



## PATIENT LEAFLET - FIBROADENOMAS

### WHAT ARE FIBROADENOMAS?

Fibroadenomas are solid benign (not cancerous) breast lumps that are common in young women (often in their late teens and twenties), although they can occur in women of any age. They are usually smooth, painless mobile rubbery lumps, but sometimes they can be tender, particularly just before a period. There can be more than one within the breast and they can increase in size during pregnancy and breastfeeding.

### HOW ARE FIBROADENOMAS DIAGNOSED?

Miss Bright-Thomas and her team of specialists are incredibly sensitive to the anxiety a breast lump creates for her patients. Therefore, we follow strict triple assessment guidelines for evaluation. All women will have a clinical examination and ultrasound scan of the lump. Women over 40 will also be offered a mammogram.

All ladies over the age of 24 with a solid lump will have a needle biopsy to confirm the diagnosis. You will be contacted with the results of the biopsy within a week after a formal multidisciplinary team discussion.

### WHAT IS THE TREATMENT FOR FIBROADENOMAS ?

If fibroadenomas are large or are causing the patient concern, they may require surgical removal, but this is rare. Many fibroadenomas stop growing or shrink over time.

When required, Rachel Bright-Thomas will aim to remove fibroadenomas with small incisions around the edge of the areola or at the outer or lower edge of the breast to minimise scarring. The surgery is done as a day case procedure with dissolvable stitches and minimal dressings.