

**Stephen Kirk MD FRCS
Consultant Surgeon**

**Robert Kennedy MD FRCS
Consultant Surgeon**

Further information may be obtained from:-

**The Macmillan Breast Care Nurses
Telephone: (028) 9055 0499**

Ulster Community & Hospitals Trust
The Ulster Hospital
Dundonald
Belfast
BT16 1RH
Telephone: (028) 9048 4511

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Breast Fibroadenoma

**Specialist Breast Care Service
Ulster Hospital**

Breast Fibroadenoma

This leaflet is for women who have a benign breast condition called a fibroadenoma. We hope this information will help.

What is a Fibroadenoma?

A fibroadenoma is a benign (not a cancer) solid lump of tissue. It is sometimes called a 'breast mouse'. It may be painless, or it can be tender or even painful.

Most fibroadenomas stay the same size; some get smaller, and many disappear over time. A small number get bigger.

What causes a Fibroadenoma?

We do not really know why these develop. However, they are not caused by anything sinister. Having a fibroadenoma does not increase your risk of breast cancer.

How do we know what it is?

At the breast clinic you probably had a triple assessment -

- i. breast examination
- ii. fine needle aspiration cytology (FNAC) – when some cells from the lump were taken with a syringe and needle
- iii. a mammogram (breast x-ray) and/or an ultrasound scan

Treatment

In most cases you will not need any treatment. However, we will usually review you again within a few months - this allows us to check the area once again.

In some circumstances a fibroadenoma may be removed. The doctor will discuss this with you if this is an option.

Will I develop more lumps?

There is a small chance that you could develop another lump such as a fibroadenoma. It is important to be breast aware, and if you notice any further lumps or changes in your breast, contact your own GP.