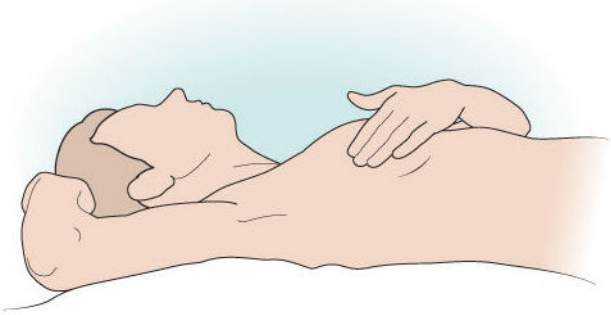
Fibroadenoma Of The Breast

A fibroadenoma tumor (lump) of the breast is common. The tumor is a small, round, rubbery lump that usually happens to women in their 20s and 30s. This is not cancer. The tumor can get twice as big in 1 year. It could be as small as a pea or as big as a lime. The tumor size may fluctuate depending on the patient's period. It often does not cause pain. It may move slightly when you touch it. This kind of tumor can grow in one or both breasts.

CAUSES



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- No one knows what causes this kind of breast tumor. There is no way to keep from getting one. There is no medicine to cure it.

TREATMENT

- 1 out of 3 of these tumors will go away on its own. 1 out of 10 will become smaller without having anything done to it. After menopause, most women have smaller fibroadenoma tumors without having any thing done to them.
- In many young women, the tumor may only need to be watched for changes, using exams and mammograms. Checking the size of the tumor is important.
- Many health care providers may want to take out the tumor if:
  - It is large.
  - If you are 35 years old or older.

This is because the tumor may cover other changes in your breast.

- If surgery is needed, just the tumor is taken out, not your whole breast. The surgery is typically performed under local anesthetic. The surgery is done in the operating room. Most patients go home the same day.
- The lump will be sent to pathology to ensure it is not cancer.
- Even if your tumor is removed, other tumors may grow in other parts of the same breast, or the other breast.
- Talk to your doctor if you have questions.

Easy-to-Read style based on content from Parkland Health & Hospital System, Dallas, Texas

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