

BREAST CYST

A WOMEN'S
GUIDE FOR
BREAST HEALTH

If a cyst aspiration procedure is recommended these steps are followed:

1. The cyst will be located by ultrasound (sonogram).
2. The skin will be cleansed with an antibacterial solution.
3. A small needle will be inserted into the cyst. The fluid will then be drained until the cyst disappears.
4. When the needle is removed, a small bandage will be applied.

Fluid that has been aspirated may be sent to the laboratory for analysis.

HAVING A BREAST CYST DOES NOT INCREASE YOUR RISK OF DEVELOPING BREAST CANCER. HOWEVER, IT'S STILL IMPORTANT TO BE BREAST AWARE.

CONTACT US

FEM @ MACPHERSON

401 MACPHERSON ROAD
MACPHERSON MALL #03-09/10
SINGAPORE 368125

TEL: (65) 6283 0950
FAX: (65) 6283 0951

FEM @ ORCHARD

3 MT ELIZABETH HOSPITAL
MEDICAL CENTRE #05-02
SINGAPORE 228510

TEL: (65) 6733 3383
FAX: (65) 6733 2955

FEM @ ALVERNIA

820 THOMSON ROAD #07-54
MOUNT ALVERNIA HOSPITAL
MEDICAL CENTRE D
SINGAPORE 574623

TEL: (65) 6259 8880
FAX: (65) 6259 8968

FEM @ NOVENA

38 IRRAWADDY RD.
MT ELIZABETH NOVENA
SPECIALIST CENTRE#11-53
SINGAPORE 329563

TEL: (65) 6339 1101
FAX: (65) 6339 2976



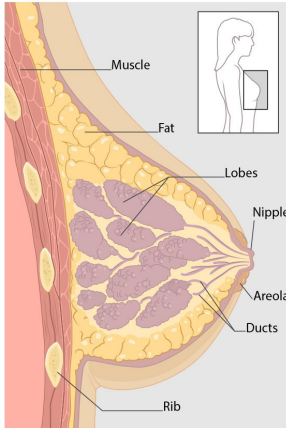
WWW.FEMSURGERY.COM

info@femsurgery.com



OVERVIEW

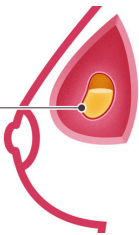
The breasts are made up of **lobules** (milk-producing glands) and **ducts** (tubes that carry milk to the nipple), surrounded by fatty and supportive tissue. Sometimes, fluid-filled sacs develop in the breast tissue; these are **breast cysts**.



WHAT IS A BREAST CYST?

A **cyst** in the breast may feel like a lump, but upon examination the lump is a small, generally harmless sac filled with fluid rather than a cancerous or benign lump of cells.

BREAST CYST
fluid-filled sac



It's thought they develop naturally as the breast changes with age, due to normal changes in hormone levels. It's common to have more than one cyst.

Although you can develop breast cysts at any age, they are **most common in women over 35**. They develop more often as women get closer to the menopause and usually stop once a woman has been through the menopause. Women who use **hormone replacement therapy (HRT)** after the menopause may also develop cysts.

Breast cysts can feel soft or hard and can be any size, ranging from a few millimetres to several centimetres. They can develop quickly and anywhere in the breast. For some people, cysts can feel **uncomfortable and even painful**. It's common to develop one or more cysts either in one breast or both breasts –and this is nothing to worry about.

Before a period, cysts may become larger and feel sore and tender. However, many women can have cysts and not be able to feel them at all.

HOW ARE THEY FOUND?

- ✓ Breast examination
- ✓ Mammogram
- ✓ Ultrasound scan



IF THE LUMP CAN BE EASILY FELT, YOUR DOCTOR MAY PUT A FINE NEEDLE INTO IT AND DRAW OFF THE FLUID TO CONFIRM THAT IT'S A FLUID-FILLED CYST.

TREATMENT AND FOLLOW-UP

Most cysts go away by themselves and are nothing to worry about. If the cyst is **large or causing discomfort**, and **appears to contain material other than fluid** on the ultrasound image, an **aspiration procedure** may be recommended.

FINE NEEDLE ASPIRATION

This is a simple and effective technique which serves a dual purpose. It confirms the nature of the lump as “cystic” and **extracting fluid** from a cyst, frequently causes the lump to disappear.

