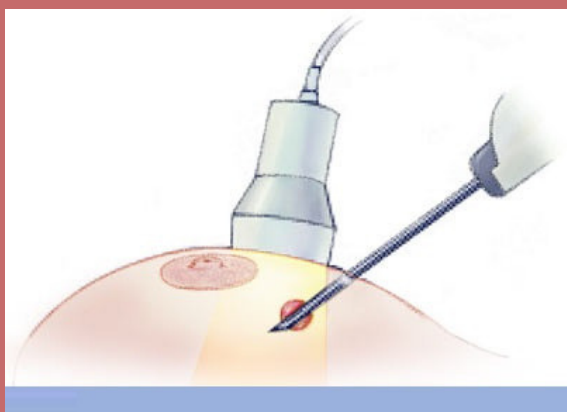


FIBROADENOMAS ARE NOT CANCEROUS,
NOR DO THEY INCREASE YOUR RISK OF
BREAST CANCER.



You may also be offered a vacuum assisted biopsy (VAB. Vacuum-assisted biopsy is a safe and minimally invasive procedure using an ultrasound scan as a guide, small amounts of breast tissue are sucked up through a needle until the lump is seen to disappear.

IF YOU NOTICE A NEW OR
GROWING LUMP ANYWHERE
IN EITHER BREAST, SEE A
DOCTOR WITHOUT DELAY.

FIBROADENOMA

A WOMEN'S GUIDE
FOR BREAST HEALTH

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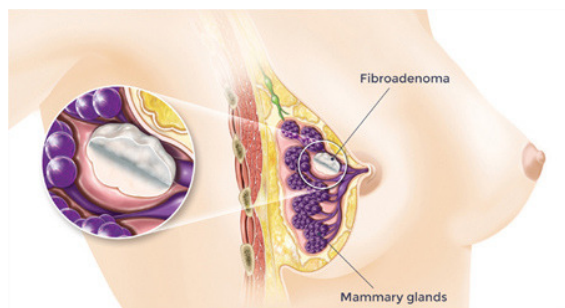
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WHAT IS FIBROADENOMA?

A fibroadenoma is a **benign** (non-cancerous) mobile lump that arises from an overgrowth of fibrous (containing fibres) and glandular (related to gland) tissues from the breast. They most commonly occur in women between the ages of **fifteen and thirty years of age**, although they can occur at any age.



WHAT IS KNOWN ABOUT IT?

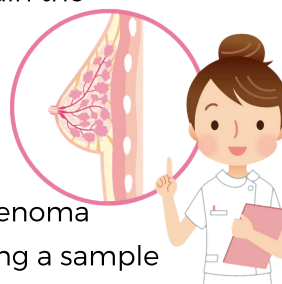
- It may be felt as a breast lump or seen on a mammogram or on an ultrasound.
- It can vary in size from a few millimetres to five or more centimetres in diameter.
- If it can be felt, it usually feels like a firm, smooth, oval or round lump that can move easily within the breast.
- It is usually painless but can be tender, especially before a period or during pregnancy.
- Occasionally there can be multiple fibroadenomas.

WHAT CAUSES IT?

It's **not known** what causes a fibroadenoma. It's thought that it probably occurs because of increased sensitivity to the **hormone oestrogen**.

HOW IS IT DIAGNOSED?

Fibroadenomas can be discovered during breast self-examination, routine check-up or on a mammogram. Once it is recognised, a breast ultrasound is normally performed. Once determined solid, more testing is recommended to be certain the abnormality is a benign fibroadenoma and not something more serious.



The diagnosis of a fibroadenoma can be confirmed by taking a sample of cells and/or tissue from the area, which is then examined under the microscope. To diagnose your breast lump as a fibroadenoma, the doctor will have taken into account:

- ✓ history, shape and size of the lump
- ✓ whether there is a history of breast or ovarian cancer in your family
- ✓ any need for further testing to confirm the diagnosis (fine needle aspiration, core biopsy, or excision biopsy)

FINE NEEDLE ASPIRATION
a minor procedure where cells are removed through small needle.

CORE BIOPSY
procedure where a larger piece of tissue is removed from the lump through a larger needle.

EXCISION BIOPSY
a surgical procedure where the entire lump is removed through an incision (cut in the skin)

WHAT ARE THE AVAILABLE TREATMENTS?

In most cases you won't need any follow up or treatment if you have a fibroadenoma.

The extent of the operation to remove a fibroadenoma depends on its size. Surgery may be advised to remove a fibroadenoma that is **larger than 2 cm**.

Mostly the operation is performed with a general anaesthetic or sedation. Usually you can go home the same day. There will be a scar where the fibroadenoma has been removed.