

Fibroadenomas

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Fibroadenomas are hard, round lumps found in your breast. They move around easily, feel rubbery and are usually painless.

Fibroadenomas are the most common benign (not cancerous) breast tumor. They are most common in women younger than 30 years old, but can be found in women of any age. You can have one or more fibroadenomas.

Cause

The cause of a fibroadenoma is unknown.

Diagnosis

Your health care provider will give you a physical exam. Your provider may also want you to have a breast ultrasound or mammogram.

Your health care provider may do a biopsy to confirm if the lump is a fibroadenoma. During the biopsy, a doctor removes a very small piece of your lump for testing.

Treatment

A fibroadenoma does not always need treatment. You and your health care provider will decide if it should be removed or not based on:

- symptoms
- concerns
- family history
- images taken of your breast.

If the lump is not going to be removed, your health care provider may recommend having ongoing imaging tests to watch for any changes to the fibroadenoma.

If the lump is going to be removed, it will be done by doing an excisional biopsy (removing the entire lump).

When To Call Your Health Care Provider

Call your health care provider if:

- you find a lump in your breast
- there are any changes (size or shape) to an existing lump.

Follow-up Care

If you have a fibroadenoma, you and your health care provider will work toward a plan to make sure you have the right care. This may include regular checkups, mammograms and breast self-exams.

**Information adapted from
the National Cancer Institute.**