

# Breast Cyst

## Breast Cyst

A breast cyst is a fluid-filled lump. You can have one or more cysts in one or both breasts.

- Some cysts are too small to feel. They are often found during a breast ultrasound or mammogram.
- Sometimes cysts are large enough to be felt with your hand. Large cysts can cause pain or discomfort.

Breast cysts are most common in women between ages 35 to 50, but can be found in women of any age. Cysts can also be found in women on hormone replacement therapy.

Cysts are benign (not cancerous). They do not increase your risk of having breast cancer. It's important to do regular breast self-exams so you are familiar with how your breasts normally feel.

## Cause

The exact cause of a breast cyst is unknown.

Cysts can be affected by hormone changes such as during your menstrual period. They can get larger and smaller because they are fluid-filled.

## Diagnosis

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

## Treatment

In most cases, a breast cyst does not need to be removed. If it's large and causes pain or discomfort, fluid can be drained from the cyst.

You and your health care provider will work together to help relieve any symptoms.

## 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.