

## Fibroadenoma

Fibroadenomas are benign lumps of fibrous and glandular tissue which must be biopsied to rule out cancer. These are small, mobile masses which often have well-defined edges. They are not a precursor to cancer, and increase in size and tenderness with estrogen exposure (e.g. in menstrual cycle).



PLAY PICMONIC

### Most Common Benign Breast Tumor

#### #1 Foam-finger benign-bunny

This is the most common benign breast tumor in women of childbearing age.

### Stromal Tumor

#### Straw-man

Fibroadenomas are stromal tumors, and are composed of stromal tissue and epithelium. Typically, there is a whorled pattern with duct-like spaces surrounded by fibrous stroma.

## Presentation

### Women under 40

#### Woman with Less Than 40-ounce

These tumors are very common, and mostly affect women who are of childbearing age, which is typically less than 40. The incidence of these tumors decreases with age.

### Small, firm mass

#### Small, firm marbles

Fibroadenomas are small, firm masses which are freely mobile.

### Sharp Edges

#### Sharp edges

These tumors are well-defined and have sharply delineated edges visible on ultrasound. They do not feel palpably different from normal breast tissue and are not attached to the chest wall.

### Increased tenderness and size with Estrogen

#### Up-arrow Tenderizer and Increased Breast Size with Easter-egg

These tumors are partially hormone-dependent and increase in size and tenderness with estrogen exposure. Thus, many patients may complain of premenstrual pain but more commonly during pregnancy when increases in estrogen are prevalent.

## Management

## Biopsy

### Biopsy-needle

Though this may be made as a clinical diagnosis in many patients, most doctors recommend a needle-biopsy to sample the tissue. This is done even more often in older patients, who do not typically develop fibroadenomas.