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Fibroadenoma

Fibroadenomas are solid, noncancerous breast tumors that most often occur in adolescent girls and women under the age of 30.

A fibroadenoma is a firm, smooth, rubbery or hard lump with a well-defined shape. It moves easily under your skin when touched and is usually painless. Typically about the size of a marble, fibroadenomas can enlarge during pregnancy and breast-feeding.

Fibroadenomas are one of the most common breast lumps in young women. Treatment may include careful monitoring to detect changes in the size or feel of the fibroadenoma, or surgery to remove it.

Symptoms

Fibroadenomas are solid breast lumps or masses that usually are:

- Round with distinct borders
- Easily moved
- Firm or rubbery
- Painless

A fibroadenoma may feel like a marble within your breast when you press on it. You can have one or many fibroadenomas. The average fibroadenoma is about an inch (2.5 centimeters) in diameter. Those larger than 2 inches (5 centimeters) are called giant fibroadenomas.

Fibroadenomas first occurring during adolescence are called juvenile fibroadenomas. They can grow rapidly and become as large as 4 inches (10 centimeters) in diameter.

Causes

The cause of fibroadenomas is unknown. However, fibroadenoma development is probably related to reproductive hormones. Fibroadenomas occur in greater frequency during your reproductive years, can increase in size during pregnancy or estrogen therapy, and tend to shrink after menopause, when estrogen stimulation decreases.

Complications

Most fibroadenomas don't affect your risk of breast cancer. However, your breast cancer risk might increase slightly if you have a complex fibroadenoma — which may contain cysts or bits of dense, opaque tissue called calcifications.

