Fibroadenoma
Case

• 24 year old female presents to her PCP due to a mass in her right breast
• She has no medical history
• Family history is significant for a grandma with breast cancer diagnosed at age 70
• Physical exam shows a painless, firm, circumscribed nodule that is mobile. No nipple discharge.
DDx for breast mass

- Fibroadenoma
- Cyst
- Fat necrosis
- Fibrocystic change
- Phyllodes tumor
- Breast cancer
“Ultrasound of the breast demonstrates a solid hypoechoic circumscribed mass. The appearance is most compatible with a fibroadenoma.”

“Within the right breast, there is an oval isodense mass with dystrophic peripheral calcifications consistent with benign involuting fibroadenoma.”
About fibroadenomas

• Classic boards presentation is a smooth, mobile, rubbery, nontender mass in a young woman
• Stimulated by estrogen and progesterone so they may grow in pregnancy and shrink during menopause
• US is best imaging tool for young women
• Management: follow up every 6 months for 2 years to prove stability
  • May be surgically removed if large or by patient preference
  • If it grows >20% in 6 months, it should be biopsied!