

# YOU HAVE A FIBROADENOMA WHAT ARE YOUR OPTIONS?

## WHAT IS A FIBROADENOMA?

Fibroadenomas are the most common type of a breast lump. They are solid (not fluid-filled) masses, with clearly-defined edges and are typically round or oval in shape. Fibroadenomas are benign, which means they are not cancerous, and do not turn into cancer. They may increase in size with time, particularly with hormonal changes.

## WHAT ARE COMMON SYMPTOMS

Fibroadenomas may be palpable (able to be felt) in the breast. While some remain unchanged for many years, they may grow to a size larger than a golf ball over time. Some women find these lumps or masses uncomfortable and bothersome, and may have associated pain or tenderness. In some cases, fibroadenomas can physically deform the breast. The level of anxiety with these breast masses is personal.



## TREATMENT OPTIONS

### Watchful waiting

You may choose to observe your fibroadenoma over time, and feel your breast for changes. Your doctor may request follow-up visits every 6-12 months and ultrasound or other imaging to check for any changes in the lump. If the fibroadenoma enlarges or becomes uncomfortable, your doctor would recommend a treatment option.

### Surgery

Fibroadenomas can be removed surgically. This procedure is performed in the operating room and includes surgically removing the fibroadenoma and suturing (stitching) the incision closed. Depending on the size of the fibroadenoma and location in the breast, healing may result in an indentation or change in the shape and size of the breast. In addition, the size of the skin scar will vary depending on the size of the fibroadenoma.

### Office-Based Cryoablation

Cryoablation is an TGA-approved treatment for destroying fibroadenomas, and is an alternative to open surgery. It is the use of extreme cold to completely destroy tissue. Cryoablation technology is an established, effective therapy that has been used for decades to destroy benign and cancerous tumors in prostate, liver, and other organs. The technology and procedure has been optimized specifically for breast fibroadenomas.

## WHAT HAPPENS DURING A CRYOABLATION PROCEDURE?

The procedure takes place in a physician's office. After local anaesthesia, your doctor will use ultrasound (sonographic) imaging to guide a small probe (thin hollow needle) into the fibroadenoma. Extremely cold temperatures are used to destroy (ablate) the targeted fibroadenoma. No breast tissue is removed and there is no scar. Therefore, the cosmetic impact is minimal. The procedure is comfortable and painless, as the cold acts with the local anesthesia to numb the area. The procedure usually takes about 10-15 minutes. No sutures are required as the procedure is performed using only a small skin nick; just a bandaid is needed. As with a needle biopsy, many women can return to work or their normal activity quickly.

## WHEN WILL THE LUMP GO AWAY?

The fibroadenoma cells will be destroyed (ablated) during the cryoablation procedure. Your body will then reabsorb those destroyed cells over time. You will have a palpable mass (area that can be felt) while your body naturally reabsorbs the treated cells. The time to reabsorb the tissue varies, depending on the initial size of the mass and other factors.

## CONTACT US

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