Fibroadenomas of the Breast

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Introduction

Fibroadenomas is usually painless and oval or round shape of breast tumor developed during puberty. It mostly occurs in young women however it can be found in women of any age. it is often found before the age of 30 and decreases with increase in age. They are either considered as normal breast condition or hyperplastic condition. The patients and doctor often remain confused regarding its surgery. It varies in size and shape. Its treatment encompasses biopsy or permanent removal through surgery. It mostly takes place in early age (Houssami, 2001). There is no particular or fixed way of controlling fibroadenomas however it has been studied that it can be reduced by adopting a healthy lifestyle. The proper intake of essential nutrients reduces the chances of fibroadenomas.

Etiology and risk factors:

The cause of this condition is not known yet however it is usually linked with reproductive hormones because it occurs predominantly during reproductive years and may shrink at the end of the menstrual cycle. It is, therefore, showing a link with reproductive hormones. This provides firm support to hormonal etiology theory. (Ajmal, 2018) It is mostly found in women however some rare cases are also found in men. Female with high contraceptive dose at or below the age of 20 undergo fibroadenoma at a significant level in comparison to those who don't use it.

Pathophysiological processes:

The growth of Fibroadenoma springs up from epithelial and stromal tissues cells. These cells have mechanical and functional importance for the breast. Progesterone and estrogen receptors are found in these tissues (Houssami, 2001. That is why fibroadenomas grow during pregnancy due to the extravagant formation of reproductive hormones. Genetically Mediator complex subunit 12 is an essential element in fibroadenomas pathophysiology.

Clinical manifestations and complications:

In most of the cases when women find any breast lump, they get shocked and think that it could be the cause of cancer. They get frightened and feel insecure but when after examination they realize that it is a fibroadenoma, one should feel absolute confidence and relax because no such big risk is involved in this case. However, if someone experience issues like abnormal discharge or breast bleeding or having pain, this can be dangerous and she should immediately consult a doctor as it can be a malignancy. Moreover, if a patient is aware of a breast cancer history in his family then she should take extra care and should remove the lump immediately to avoid any risk and secure a safe option (Ajmal, 2018)The unusual and abnormal growth of lump can itself be embarrassing. It becomes so difficult for any breastfeeder mother to feed her child easily. In such situations, the patient is always suggested to remove their breast lump through a surgical procedure to get rid of these embarrassing and undesirable situations (Dent, 1989).

Diagnostics:

In case of finding the breast lump, it is advised to see your doctor immediately. He will likely refer you to a breast clinic where you will be examined through a specialist doctor. In a breast clinic, you would be facilitated with a range of medical tests to diagnose the real problem. This could include A breast x-ray test (Mammogram), An ultrasound scanning test (image is produced by means of sound waves), Biopsy test (with the help of needle breast tissue sample is taken and observed under a microscope), Fine Needle Aspiration (FNA) test (A sample of cells is taken through a fine needle and observed under a microscope) (Dent, 1989).

The identification of fibroadenomas is quite easy in younger women. The women in their early 20s or younger are examined with ultrasound breast and normal examination to find out the existence or absence of fibroadenoma. If a doctor does not find and remains uncertain then a biopsy test or FNA is practiced (Dent, 1989). The patients under 40 years of age are not tested with mammogram mostly rather ultrasound examination is preferred. It is because younger women’s dense breast tissues make an unclear x-ray image and so benign or normal breast issues cannot be identified easily. However, in the case of examining women under 40 years of age mammograms is preferred to make a complete assessment.

References

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