

## Intraductal Papilloma's

Intraductal Papilloma's are small polyp-like growths within the milk ducts of the breasts. They consist of glands, fibrous tissue, and blood vessels. They are usually found in women between the ages of 35 to 55. The cause of intraductal papilloma's is unknown. They can be a common cause of bloody nipple discharge.

### Types of Intraductal Papilloma's:

- **Solitary Intraductal Papilloma:** This is a single polyp, usually near the nipple and may cause nipple discharge.
- **Multiple Intraductal Papilloma's:** These are groups of polyps, farther away from the nipple. These growths may not cause a discharge and are usually not felt.
- **Papillomatosis:** Very small groups of cells located inside the breast ducts and are more scattered than multiple papilloma's.

### How are they found?

Intraductal papilloma's can be identified on mammograms, ultrasounds, ductograms, needle biopsies, or examination of nipple discharge. The nipple discharge may be clear, brown, green, or red. Occasionally these papilloma's cause breast pain.

### How are they treated?

Rarely, a papilloma may have a small area of breast cancer within it or in the tissue nearby. That is why intraductal papilloma's are usually treated by surgical removal.

### Do Intraductal Papilloma's increase your risk of developing breast cancer?

Having a solitary intraductal papilloma does not increase your risk of developing breast cancer, unless there are other conditions found, such as atypical hyperplasia.

### Is there any way to prevent getting Intraductal Papilloma's?

There is no preventative treatment for intraductal papilloma's. The cause or risk factors are unknown. Regular self-breast exams and regular mammograms, as indicated by your physician, are the best ways to ensure that a papilloma or other breast abnormalities are detected and diagnosed early.

# Patient Education



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**Note:**

Although Intraductal Papilloma's are not usually associated with cancer, it is important that all breast abnormalities be examined by trained specialists.

Adapted from the American Cancer Society

<https://www.cancer.org/cancer/breast-cancer/non-cancerous-breast-conditions/intraductal-papillomas.html>. Reviewed 9/9/2021, Patient Education BMDA