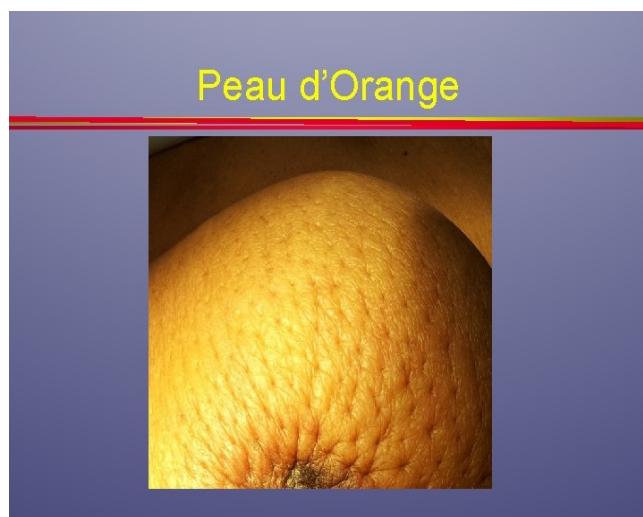
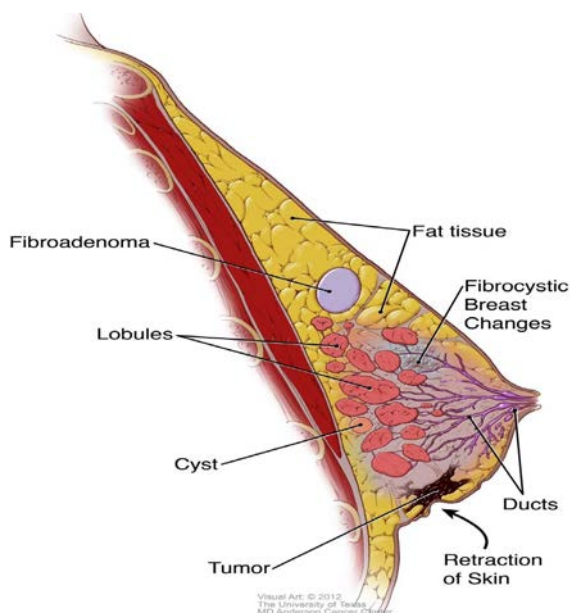


## Common Breast Findings

The breast is made up mostly of fat and breast tissue. Breast tissue consists of lobules and ducts. **Lobules** make breast milk and **ducts** carry the milk from the lobules to the nipple. Various types of conditions can develop within the breasts. Most of these changes or lumps are not cancer. The image below shows some of the more common breast findings. An explanation of each finding is provided on the next page.



**Fibroadenomas** are solid, round lumps in the breast that are easily moveable under the skin. They are usually painless. It is not known what causes a fibroadenoma to form, but they are more common in young women. They are not cancer and typically do not need to be treated or removed. Your doctor may recommend surgical removal if the fibroadenoma is large and interferes with breast imaging tests, like a mammogram.

**A cyst** is a fluid-filled sac. It is not known what causes a breast cyst to form. Breast cysts are common and do not increase your risk of breast cancer. Cysts may or may not disappear by themselves. If a cyst becomes large or painful, your doctor may draw out the fluid with a needle, called aspiration. Cysts that have been aspirated often grow back.

**Fibrocystic breast changes** are very common. It is a condition that makes your breasts feel lumpy and tender, due to an increase in fibrous tissue and small cysts. Symptoms tend to be most bothersome just before menstruation. Fibrocystic breast changes do not need to be treated. They do not increase your risk of breast cancer.

---

**A tumor** is an abnormal growth of body tissue. It may be benign (not cancer) or malignant (cancer). Symptoms may include swelling, nipple discharge, dimpling of the skin or a nipple pulling to one side. Sometimes, there are no symptoms. A cancerous tumor may have arms radiating into the breast tissue. A breast biopsy is used to determine if a tumor is cancerous.

**Peau d'orange** in the breast may be a symptom of inflammatory breast cancer. With this type of cancer, rather than forming a tumor, the cancer cells block the lymphatic vessels. This causes fluid to accumulate in the breast. Fluid accumulation in the breast is known as **edema**, and it can make the breast appear inflamed. Peau d'orange on the breast doesn't mean you definitely have breast cancer, but it could be a telltale sign. It's important to see your doctor if you have peau d'orange on your breast.