



[Home](#) → [Health Topics](#) → Benign Tumors

URL of this page: <https://medlineplus.gov/benigntumors.html>

# Benign Tumors

**Also called:** Benign neoplasms, Noncancerous tumors


Tumors are abnormal growths in your body. They can be either benign or malignant. Benign tumors aren't cancer. Malignant ones are. Benign tumors grow only in one place. They cannot spread or invade other parts of your body. Even so, they can be dangerous if they press on vital organs, such as your brain.

Tumors are made up of extra cells. Normally, cells grow and divide to form new cells as your body needs them. When cells grow old, they die, and new cells take their place. Sometimes, this process goes wrong. New cells form when your body does not need them, and old cells do not die when they should. These extra cells can divide without stopping and may form a tumor.

Treatment often involves surgery. Benign tumors usually don't grow back.

*NIH: National Cancer Institute*

## Diagnosis and Tests


- **PTEN Genetic Test** [<https://medlineplus.gov/lab-tests/pten-genetic-test/>]  (National Library of Medicine)  
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-genetica-del-pten/>]

## Related Issues







- **Tumor vs. Cyst: What's the Difference?** [<https://www.mayoclinic.org/diseases-conditions/cancer/expert-answers/tumor/FAQ-20057829?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/cancer/expert-answers/tumor/faq-20057829?p=1>]

## Specifics

- **Benign Liver Tumors** [<https://liverfoundation.org/liver-diseases/complications-of-liver-disease/benign-liver-tumors/>] (American Liver Foundation)  
Also in Spanish [<https://liverfoundation.org/es/enfermedades-del-HIGADO/complicaciones-de-la-enfermedad-hep%C3%A1tica/tumores-hep%C3%A1ticos-benignos/>]
- **Bone Tumor** [<https://orthoinfo.aaos.org/en/diseases--conditions/bone-tumor/>] (American Academy of Orthopaedic Surgeons)
- **Brain and Spinal Cord Tumors** [<https://www.ninds.nih.gov/health-information/disorders/brain-and-spinal-cord-tumors>]  (National Institute of Neurological Disorders and Stroke)
- **Chondroblastoma** [<https://orthoinfo.aaos.org/en/diseases--conditions/chondroblastoma>] (American Academy of Orthopaedic Surgeons)
- **Chondromyxoid Fibroma** [<https://orthoinfo.aaos.org/en/diseases--conditions/chondromyxoid-fibroma>] (American Academy of Orthopaedic Surgeons)
- **Enchondroma** [<https://orthoinfo.aaos.org/en/diseases--conditions/enchondroma>] (American Academy of Orthopaedic Surgeons)
- **Extra-Abdominal Desmoid Tumors (Aggressive Fibromatoses)** [<https://orthoinfo.aaos.org/en/diseases--conditions/extra-abdominal-desmoid-tumors>] (American Academy of Orthopaedic Surgeons)







- Hemangiomas and Vascular Malformations [<https://orthoinfo.aaos.org/en/diseases--conditions/hemangioma>] (American Academy of Orthopaedic Surgeons)
- Lipoma [<https://www.mayoclinic.org/diseases-conditions/lipoma/symptoms-causes/syc-20374470?p=1>] (Mayo Foundation for Medical Education and Research)
- Liver Hemangioma [<https://www.mayoclinic.org/diseases-conditions/liver-hemangioma/symptoms-causes/syc-20354234?p=1>] (Mayo Foundation for Medical Education and Research)
- Meningioma [<https://www.mayoclinic.org/diseases-conditions/meningioma/symptoms-causes/syc-20355643?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/meningioma/symptoms-causes/syc-20355643?p=1>]
- Multiple Endocrine Neoplasia Type I [<https://www.niddk.nih.gov/health-information/endocrine-diseases/multiple-endocrine-neoplasia-type-1>]  (National Institute of Diabetes and Digestive and Kidney Diseases)
- Osteochondroma [<https://orthoinfo.aaos.org/en/diseases--conditions/osteochondroma/>] (American Academy of Orthopaedic Surgeons)
- Osteoid Osteoma [<https://orthoinfo.aaos.org/en/diseases--conditions/osteoid-osteoma>] (American Academy of Orthopaedic Surgeons)
- Pituitary Tumors [<https://www.ninds.nih.gov/health-information/disorders/pituitary-tumors>]  (National Institute of Neurological Disorders and Stroke)
- Plantar Fibroma and Plantar Fibromatosis [<https://www.footcaremd.org/foot-and-ankle-conditions/heel/plantar-fibroma-and-plantar-fibromatosis>] (American Orthopaedic Foot and Ankle Society)
- Prolactinoma [<https://www.niddk.nih.gov/health-information/endocrine-diseases/prolactinoma>]  (National Institute of Diabetes and Digestive and Kidney Diseases)  
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-endocrinas/prolactinoma>]
- Recurrent Respiratory Papillomatosis or Laryngeal Papillomatosis [<https://www.nidcd.nih.gov/health/recurrent-respiratory-papillomatosis>]  (National Institute on Deafness and Other Communication Disorders)  
Also in Spanish [<https://www.nidcd.nih.gov/es/espanol/papilomatosis-respiratoria-recurrente>]
- Stomach Polyps [<https://www.mayoclinic.org/diseases-conditions/stomach-polyps/symptoms-causes/syc-20377992?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/stomach-polyps/symptoms-causes/syc-20377992?p=1>]
- Synovial Chondromatosis [<https://orthoinfo.aaos.org/en/diseases--conditions/synovial-chondromatosis>] (American Academy of Orthopaedic Surgeons)
- Thyroid Nodules [<https://www.mayoclinic.org/diseases-conditions/thyroid-nodules/symptoms-causes/syc-20355262?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/thyroid-nodules/symptoms-causes/syc-20355262?p=1>]

## Genetics

- About Dercum Disease [<https://www.genome.gov/Genetic-Disorders/Dercum-Disease>]  (National Human Genome Research Institute)
- Adiposis dolorosa: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/adiposis-dolorosa>]  (National Library of Medicine)
- Aldosterone-producing adenoma: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/aldosterone-producing-adenoma>]  (National Library of Medicine)
- Bannayan-Riley-Ruvalcaba syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/bannayan-riley-ruvalcaba-syndrome>]  (National Library of Medicine)
- Carney complex: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/carney-complex>]  (National Library of Medicine)
- Cowden syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/cowden-syndrome>]  (National Library of Medicine)

CYLD cutaneous syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/cyld-cutaneous-syndrome/>]




 (National Library of Medicine)

- Desmoid tumor: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/desmoid-tumor>]  
 (National Library of Medicine)
- Encephalocraniocutaneous lipomatosis: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/encephalocraniocutaneous-lipomatosis>]  (National Library of Medicine)
- Epidermal nevus: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/epidermal-nevus>]  
 (National Library of Medicine)
- Hereditary multiple osteochondromas: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/hereditary-multiple-osteochondromas>]  (National Library of Medicine)
- Pilomatricoma: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/pilomatricoma>]  
 (National Library of Medicine)
- Potocki-Shaffer syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/potocki-shaffer-syndrome>]  
 (National Library of Medicine)

## Images

- Cherry Hemangioma [<https://skinsight.com/skin-conditions/cherry-hemangioma/?lmiw9cApl=1>] (VisualDX)
- Dermatofibroma [<https://skinsight.com/skin-conditions/dermatofibroma/?lmiw9cApl=1>] (VisualDX)
- Keratoacanthoma [<https://skinsight.com/skin-conditions/keratoacanthoma/?lmiw9cApl=1>] (VisualDX)
- Lobular Capillary Hemangioma (Pyogenic Granuloma) [<https://skinsight.com/skin-conditions/pyogenic-granuloma/?lmiw9cApl=1>] (VisualDX)
- Pilar Cyst [<https://skinsight.com/skin-conditions/pilar-cyst/?lmiw9cApl=1>] (VisualDX)
- Seborrheic Keratoses [<https://skinsight.com/skin-conditions/seborrheic-keratosis/?lmiw9cApl=1>] (VisualDX)
- Syringoma [<https://skinsight.com/skin-conditions/syringoma/?lmiw9cApl=1>] (VisualDX)

## Clinical Trials


- ClinicalTrials.gov: Adenoma [<https://clinicaltrials.gov/search?cond=%22Adenoma%22&aggFilters=status:not%20rec>]  
 (National Institutes of Health)
- ClinicalTrials.gov: Hemangioma [<https://clinicaltrials.gov/search?cond=%22Hemangioma%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Papilloma [<https://clinicaltrials.gov/search?cond=%22Papilloma%22&aggFilters=status:not%20rec>]  
 (National Institutes of Health)

## Journal Articles


References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Genome-wide DNA methylation profiles of colorectal tumors in Lynch syndrome and... [<https://www.ncbi.nlm.nih.gov/pubmed/40753397>]
- Article: Pipeline to evaluate YAP-TEAD inhibitors indicates TEAD inhibition represses NF2-mutant mesothelioma. [<https://www.ncbi.nlm.nih.gov/pubmed/40744733>]
- Article: Is the (18)F-choline PET-CT more cost-effective than standard protocol for locating a... [<https://www.ncbi.nlm.nih.gov/pubmed/40742542>]
- Benign Tumors -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Neoplasms%22%5Bmajr%5D+AND+%28+%22Adenoma%22%5Bmajr%5D+OR+%22Lipoma%22%5Bmajr%5D+OR+%22Papilloma%22%5Bmajr%5D+OR+%22Myoma%22%5Bmajr%5D+OR+%22Fibroma%22%5Bmajr%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text+%5Bsb%5D>]



## Reference Desk

- Dictionary of Cancer Terms [<https://www.cancer.gov/publications/dictionaries/cancer-terms>]  (National Cancer Institute)  
Also in Spanish [<https://www.cancer.gov/espanol/publicaciones/diccionarios/diccionario-cancer/>]

## Find an Expert

- American Cancer Society [<https://www.cancer.org/>]
- National Cancer Institute [<https://www.cancer.gov/>]   
Also in Spanish [<https://www.cancer.gov/espanol/>]

## Children

- Childhood Craniopharyngioma [<https://www.cancer.gov/types/brain/patient/child-cranio-treatment-pdq>]  (National Cancer Institute)  
Also in Spanish [<https://www.cancer.gov/espanol/tipos/cerebro/paciente/tratamiento-cranio-infantil-pdq>]
- Childhood Heart Tumors [<https://www.cancer.gov/types/cardiac/patient-child-cardiac-treatment-pdq>]  (National Cancer Institute)  
Also in Spanish [<https://www.cancer.gov/espanol/tipos/cardiaco/paciente-tratamiento-cardiaco-infantil-pdq>]
- Strawberry Hemangioma (Infantile Hemangioma) [<https://skinsight.com/skin-conditions/infantile-hemangioma/?Imiw9cApl=1>] (VisualDX)

## Women

- Non-Cancerous Breast Conditions [<https://www.cancer.org/cancer/types/breast-cancer/non-cancerous-breast-conditions.html>] (American Cancer Society)  
Also in Spanish [<https://www.cancer.org/es/cancer/tipos/cancer-de-seno/afecciones-no-cancerosas-de-los-senos.html>]
- Uterine Polyps [<https://www.mayoclinic.org/diseases-conditions/uterine-polyps/symptoms-causes/syc-20378709?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/uterine-polyps/symptoms-causes/syc-20378709?p=1>]

## Patient Handouts

- Cherry angioma [<https://medlineplus.gov/ency/article/001441.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001441.htm>]
- Polyp biopsy [<https://medlineplus.gov/ency/article/003415.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003415.htm>]



## MEDICAL ENCYCLOPEDIA

- Atrial myxoma [<https://medlineplus.gov/ency/article/007273.htm>]

Benign ear cyst or tumor [<https://medlineplus.gov/ency/article/001033.htm>]

Cherry angioma [<https://medlineplus.gov/ency/article/001441.htm>]

Craniopharyngioma [<https://medlineplus.gov/ency/article/000345.htm>]

Epidermoid cyst [<https://medlineplus.gov/ency/article/000842.htm>]

Fibroadenoma of the breast [<https://medlineplus.gov/ency/article/007216.htm>]

Ganglioneuroma [<https://medlineplus.gov/ency/article/001437.htm>]

Gumma [<https://medlineplus.gov/ency/article/000859.htm>]

Hemangioma [<https://medlineplus.gov/ency/article/001459.htm>]

Hemangioma excision - series [[https://medlineplus.gov/ency/presentations/100114\\_1.htm](https://medlineplus.gov/ency/presentations/100114_1.htm)]

Hepatic hemangioma [<https://medlineplus.gov/ency/article/000243.htm>]

Insulinoma [<https://medlineplus.gov/ency/article/000387.htm>]

Intestinal leiomyoma [<https://medlineplus.gov/ency/article/000251.htm>]

Juvenile angiofibroma [<https://medlineplus.gov/ency/article/001572.htm>]

Lacrimal gland tumor [<https://medlineplus.gov/ency/article/001611.htm>]

Nasal polyps [<https://medlineplus.gov/ency/article/001641.htm>]

Open lung biopsy [<https://medlineplus.gov/ency/article/003861.htm>]

Polyp biopsy [<https://medlineplus.gov/ency/article/003415.htm>]

Pyogenic granuloma [<https://medlineplus.gov/ency/article/001464.htm>]

Sebaceous adenoma [<https://medlineplus.gov/ency/article/002292.htm>]

Seborrheic keratosis [<https://medlineplus.gov/ency/article/000884.htm>]

Thyroid nodule [<https://medlineplus.gov/ency/article/007265.htm>]

Tumor [<https://medlineplus.gov/ency/article/001310.htm>]

## Related Health Topics

Acoustic Neuroma [<https://medlineplus.gov/acousticneuroma.html>]

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Tuberous Sclerosis [<https://medlineplus.gov/tuberoussclerosis.html>]

Uterine Fibroids [<https://medlineplus.gov/uterinefibroids.html>]

## National Institutes of Health

The primary NIH organization for research on *Benign Tumors* is the National Cancer Institute [<http://www.cancer.gov/>]

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