

# Fibroadenosis



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# Fibroadenosis

## Clinical features

- Bilateral, painful, diffuse and discrete swelling. (Painful lumps are usually benign)
- Associated with cyclical mastalgia.
- Occurs in menstruating age group (25-40yrs)



# 2. fibroadenosis

## Investigations

- USS
- Mammogram in women >40yrs
- US guided FNAC in suspicious cases

If the lump is left in place and carefully watched, it may need to be removed at a later time if it changes or grows.



# 2. fibroadenosis

## Management

- It can be managed Conservatively or can perform Surgery if have intractable pain.
- Using warm baths, heating pads can use to ease pain.
- Wearing a well fitting support underwear will relieve breast discomfort.



# Fibroadenosis

## Management cont..

- Can use analgesics
- If not responding to conservative management or intractable pain is manage with the surgery.
- Surgery to remove undiagnosed lumps should be considered.

