

# Breast Cysts



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# Introduction

- Breast cysts are fluid filled sacs within the breast
- Can be single or multiple
- Often they are round or oval lumps with distinct edges.



# Pathophysiology

- They are due to the overgrowth of the glands and connective tissue and block milk ducts, causing them to widen and the fill with fluid.
- There are 2 types



# 3. Breast cysts

## 1. Macrocysts

They are large enough to palpate and can grow up to 1-2 inches . They can cause breast pain and discomfort.

## 2. Microcysts

Those are very small and cannot be palpated. But can be seen in the breast imaging



# Causes

1. Inflammatory - Acute bacterial mastitis with abscess
2. Neoplastic -Phyllodes tumour, Intracystic carcinoma
3. Non neoplastic- Fibroadenosis or fibrocystic disease, Simple cyst
4. Other rare causes- Prolonged HRT, Hydatid cyst, Lymphatic cyst, TR



# Signs and symptoms

- Smooth breast lump
- Breast pain or tenderness
- Breast lump is easily movable and round or oval with distinct edges



# Investigations

- USS- investigation of choice, this is useful to identify the whether breast lump is fluid filled or solid. If it is fluid filled it indicates a cyst
- FNAC- majority of the cysts resolve after FNAC



# Treatment

- If the person have not reached menopause no treatment is necessary for cysts. But need closely monitoring until recovery.
- majority of the cysts resolve after FNAC.
- Aspiration is the main stay of treatment.

