

RADY 413 Case Presentation

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22-year-old female presenting
with new left breast mass

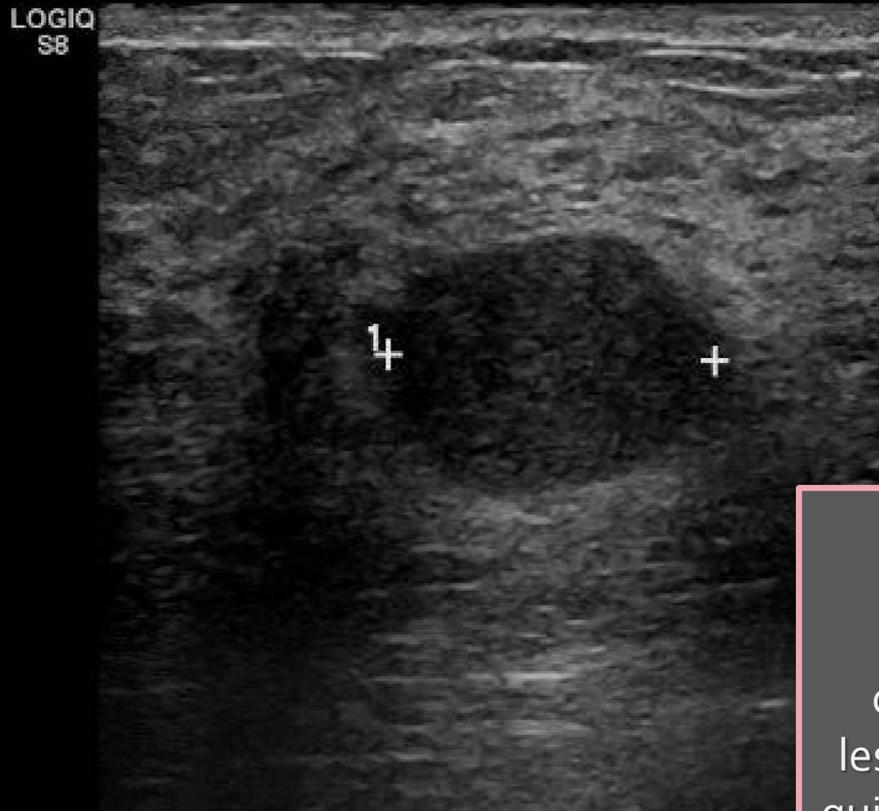
Patient history

Ms. AB is a 20-year-old female presenting for evaluation of a left breast mass discovered on exam by her PCP two weeks ago. She denies pain, redness, breast swelling or nipple discharge. She has no family history of breast or ovarian cancer.

Imaging studies obtained

- * Targeted ultrasound of the left breast

Left breast targeted ultrasound



Targeted ultrasound demonstrated an oval, parallel, circumscribed solid mass measuring 2.1 x 1.2 x 1.6 cm (AP x transverse x CC) with the appearance of a fibroadenoma.

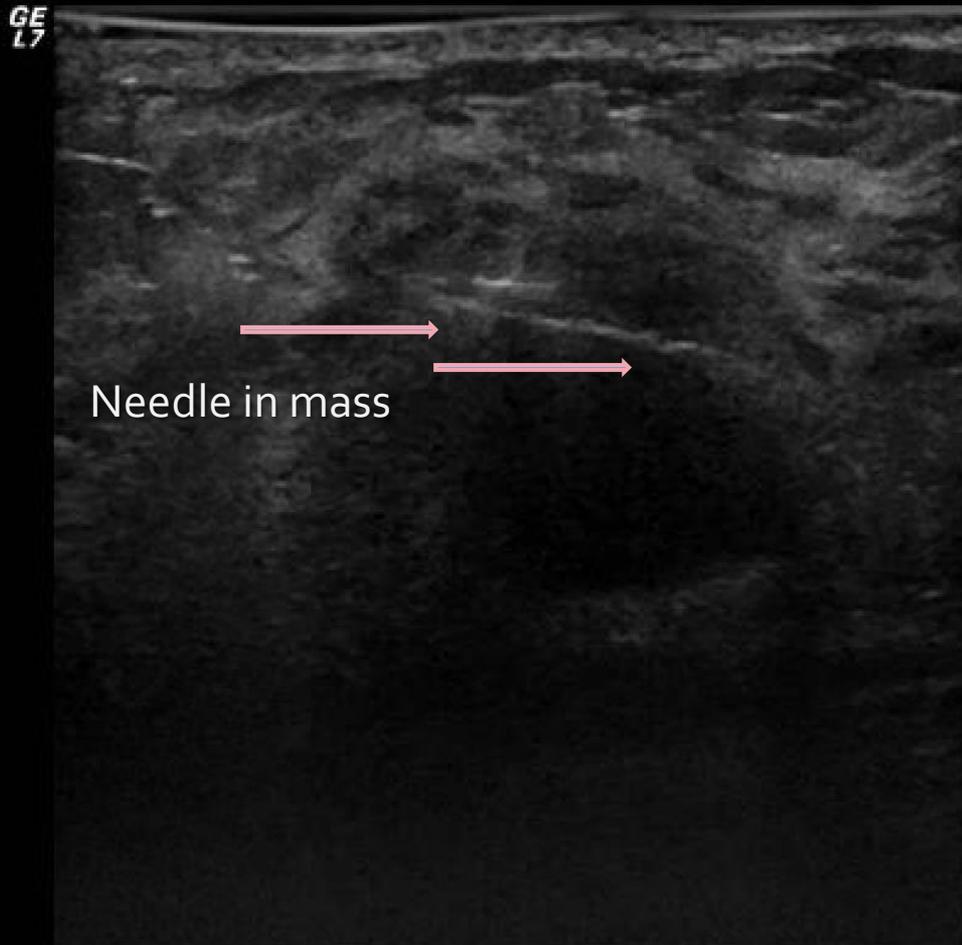
BIRADS 3: Probably benign.

Although sonographic appearance was characteristic of a fibroadenoma and the lesion was assigned a BIRADS 3, ultrasound-guided core needle biopsy was recommended because it was newly palpable.

EAST 3 O'CLOCK 2 CM FN TRANS

1.58 cm

Ultrasound-guided core needle biopsy



Using ultrasound guidance, aseptic technique, and 1% lidocaine as the local anesthetic, the mass of concern was sampled 4 times with a 14-gauge Achieve biopsy needle.



MA LT BREAST 3 O'CLOCK 2 CM FN LONG POST-FIRE 3

Pathology results and patient outcome

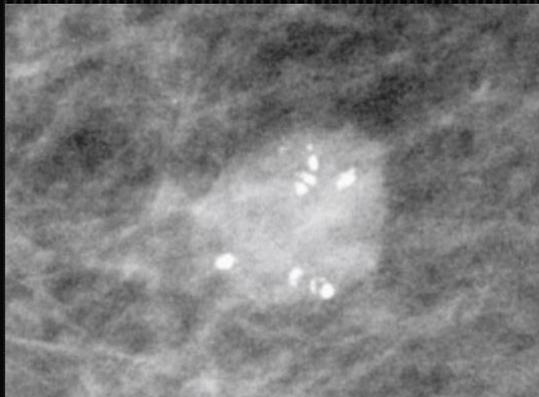
- * Fibroadenoma
- * No atypia, in situ or invasive carcinoma identified
- * Patient reassured regarding benign etiology and clinical follow-up was recommended

Discussion: Fibroadenoma

- * Most common solid benign tumor in young women
 - * Most often found in women between the ages of 15 and 35 years
- * Arises from the terminal duct lobular unit via localized hypertrophy and contains breast ductules as well as stromal tissue
- * Can be single or multiple (same breast or bilateral)
- * Can increase in size during pregnancy or with estrogen therapy and usually regress after menopause

Discussion: Fibroadenoma (cont)

- * Typically appears on ultrasound as a hypoechoic oval, parallel, well-circumscribed homogeneous mass
- * Biopsy is recommended for those that are newly palpable, increasing in size, or demonstrate suspicious features on exam
- * Typically appears on mammogram as an oval, equal-density mass with circumscribed margins
 - * Popcorn-calcifications may appear at the periphery of involuting fibroadenomas in older, post-menopausal women



Involuting fibroadenoma on mammogram:
Coarse calcifications on the periphery of
circumscribed mass

References

American College of Obstetricians and Gynecologists. ACOG Practice Bulletin No164: Diagnosis and management of benign breast disorders. *Obstet Gynecol.* 2016;127:e141–e156.

Ikeda, Debra M., and Kanae K. Mikaye. *Breast Imaging: The Requisites*. Mosby, 2016.