RADY 413 Case Presentation

Neha Verma MS4
April 2018
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
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.
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.
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
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