34 year-old female with palpable right breast mass x 1 month.
Focused patient history and workup

- 34 year old female with palpable right breast mass x 1 month. Patient is 6 weeks postpartum and currently breastfeeding. Physical exam of the palpable area of concern demonstrates a palpable lump without overt skin change. Denies drainage. No significant family history of breast cancer.
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DDx mass unique to the lactating patient
- Galactocele
- Abscess
- Lactating adenoma
- Pregnancy associated breast cancer
- 34 year old female with palpable right breast mass x 1 month. Very unusual to perform mammogram in this setting (young female, dense breasts, significantly reduced sensitivity of mammograph based on physiologic lactational change).

- Breast ultrasound is the indicated exam:

  Targeted ultrasound of the 12:00 position at site of patient complaint demonstrates a 2.3 x 1.8 x 2.1 cm circumscribed mass with fluid-fluid level.

  BI-RADS 2: Benign
Ultrasound guided cyst aspiration drained 5cc milky white fluid and mass resolved.
“Milk retention cysts” usually caused by an obstructed milk duct
- Distention of lobular structures can present as soft cystic masses on physical exam.
- Mammographically, may appear as indeterminate mass, unless the classic fat-fluid level is seen
- Ultrasound may show complex mass
- Diagnosed by clinical history and aspiration, which yields a milky substance.
- Excision is not necessary and there is no increased risk of subsequent breast cancer