

# Breast Lumps

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Finding a lump in your breast can cause a lot of anxiety. Most breast lumps, particularly in younger women, are not caused by cancer. They may be benign, non-cancerous lumps, infection or cysts. You should make an appointment with your GP as soon as possible if you find a breast lump. They will then decide if you need referral to a specialist breast clinic for further tests.

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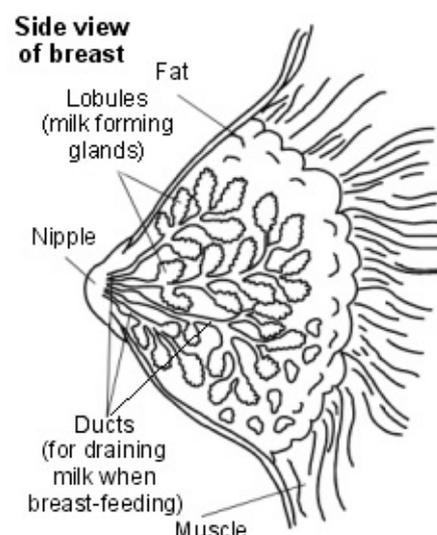
## A normal breast

This diagram shows a normal breast.

The breast is connected to muscles on the wall of your chest. It is made up of fatty tissue. Within the fatty tissue are lobules or milk-forming glands. Milk drains from these glands into breast ducts during breast-feeding. Milk then leaves the ducts through your nipple.

The glands and ducts can decrease or increase in number and size. This will depend on whether they are needed.

Breast lumps can involve any of these different tissues, or components, that make up your breast.



## Common causes of breast lumps

### Physiological (normal) swelling and tenderness

This is also known as fibrocystic change or fibroadenosis. Your breasts change throughout your menstrual cycle each month because of your hormones. At least half of all women who have periods will have some pain, tenderness and lumpiness in their breasts at some time in the month. This is usually most obvious in the week before your period. It quickly goes when your period starts. It is more common in women aged 30-50.

### Fibroadenoma

This is a benign (non-cancerous) breast lump that usually occurs in women under the age of 40. They occur as a result of excess growth of the glands and connective tissue in the breasts. They usually feel like round, firm, and rubbery lumps. They usually move slightly under the skin when they are pressed. They are not usually painful.

Sometimes they can disappear of their own accord or they can be removed. They tend to go away after the menopause.

## Breast cysts

A cyst is a fluid-filled lump. Cysts are more common in women approaching **menopause**, although they can occur at any age. They are usually oval or round lumps that are smooth and firm. They tend to move slightly when pressed. It is common for them to appear within two weeks prior to your period and then resolve soon after the period.

Treatment of breast cysts typically involves draining the fluid in them by using a thin needle inserted into your breast by the doctor. After draining, about 3 in 10 cysts will refill with fluid, but can be drained again.

## Infection

A lump caused by infection is fairly common in women who are **breast-feeding**. The ducts that carry the breast milk can become blocked. Bacteria, or germs, can enter through cracks in the nipple. This can lead to the development of an abscess in the breast. Warm compresses, paracetamol and/or antibiotics may be needed. Infection can also cause lumps in women who are not breast-feeding.

## Fat necrosis

Injury or trauma to the fatty tissue in your breast can cause a lump. These lumps usually heal and go away of their own accord. However, if they persist then they can be removed.

## Lipoma

A lipoma is a fatty growth that develops within the fatty tissue of your breast. It is non-cancerous and usually does not need any treatment. However, they can be removed if they are large or causing any symptoms.

## Breast cancer

The vast majority of breast lumps are **not** caused by **breast cancer**. However, breast cancers are a cause of lumps in the breasts. There are separate leaflets called Breast cancer and **Breast cancer - hereditary factors**.

# What should I do if I find a breast lump?

If you find a lump in one of your breasts, you should make an appointment with your GP as soon as possible. When you see your GP, they may start by asking you some questions. It is a good idea to think about these questions before your appointment.

Questions may include:

- When did you notice the lump?
- Do you have any breast pain?
- Do you have any nipple discharge?
- When was your last period (if you still have them)?
- Are you taking an hormonal medication such as the contraceptive pill or hormone replacement therapy?
- Have you had breast lumps before?
- Do you have any history of breast problems in your family?

## **Breast examination**

Your doctor may then suggest that they examine your breasts. A male doctor should always offer for a chaperone to be present during the examination. Sometimes female doctors will also offer a chaperone. You may be asked to remove your top and bra by the doctor. They may want to examine your breasts, with your arms in the air and then by your sides. They may also want to examine your breasts when you are sitting and then lying down. They may also want to examine underneath your arms to feel for any enlarged lymph glands. Your doctor may ask you to point out the lump to them. If you have had any nipple discharge, your doctor may ask you to demonstrate this yourself by asking you to squeeze your nipple.

There is more than one right way to examine the breasts and doctors may differ in their approach.

## **What happens next?**

This will depend on what your doctor finds when they examine you. If you are in your twenties or thirties, are still having periods and have only just noticed the lump, your doctor may suggest that you return for another examination after your next period.

If the doctor is uncertain as to the cause of the lump, or if you have a family history of breast problems that they are worried about, they may suggest that they refer you to a specialist breast clinic. Here you will see a doctor who has special expertise in dealing with breast problems.

You can usually expect an appointment at the clinic within a few weeks. However, waiting times can vary depending on how busy the clinic is and how urgent your GP feels the problem is. The aim is that any woman with suspected breast cancer should be seen in a specialist breast clinic within two weeks. If your doctor feels that you are more likely to have one of the benign (non-cancerous) causes of a breast lump, it may take longer than two weeks for you to be seen.

Even if you are referred urgently, you should remember that your lump may still turn out to be benign. The majority of people referred to a breast clinic do **not** have breast cancer.

## What to expect if you are referred to a breast clinic

Usually there is a specialist breast nurse who works in a breast clinic. They may be present during your appointment with the doctor and are usually available for any questions afterwards. In some clinics, the specialist nurse runs the clinic and you may only see them.

In most clinics you will firstly be asked about your symptoms. You may be given an information sheet to fill out. This may include some of the questions that are listed above. After this, the breast specialist doctor or nurse will examine your breasts in a similar way to what happened when you saw your GP. They may then suggest that you have some further tests.

These can include a mammogram and/or an ultrasound scan of your breast (see below). Sometimes investigations are carried out on the same day that you attend the clinic. Sometimes you may be given an appointment to come back for a test.

The breast specialist may also suggest that they take a sample (**biopsy**) of the lump. There are two common ways of doing this, either by fine needle aspiration or a core biopsy (details below). They are both straightforward procedures. Sometimes ultrasound scanning is done to guide the procedure. The specialist uses the scan to identify exactly where the lump is so that they can take the sample. The sample may be taken on the same day in the breast clinic or you may be given an appointment to come back for the procedure.

## What is a **mammogram**?

A mammogram is essentially an X-ray of your breasts. A radiographer (someone trained in taking X-rays) will ask you to remove your top and bra. The mammogram is generally done with you standing up. Each breast is compressed between two X-ray plates. This may feel a little uncomfortable but the discomfort should only last for a few minutes. Two images of each breast are taken in different positions.

## What is an **ultrasound scan** of the breast?

An ultrasound scan of the breast uses the same technique as an ultrasound scan that women have when they are pregnant. Again, you will be asked to remove your top and bra. Some gel will be spread on to your breast. The ultrasonographer will then move the scanning probe over the surface of your breast. High-frequency sound waves allow them to produce an image of your breast that they can look at. They should be able to see any lumps in your breast.

You may have both an ultrasound scan and a mammogram. Women under the age of 35 may only have an ultrasound scan. This is because it is difficult to get a clear picture of younger women's breasts using a mammogram.

Some women may have a magnetic resonance imaging (MRI) scan. This can show different detail of the breast tissue than a mammogram or an ultrasound test.

## What is fine needle aspiration?

**Fine needle aspiration cytology (FNAC)** is when a small, fine needle with a syringe connected to it is used to take a sample of breast cells from the lump. This sample is then sent to the laboratory and is examined under a microscope. It is usually a quick procedure and may be a little uncomfortable. Local anaesthetic is not usually used, as this would mean using two needles (a needle to give the local anaesthetic first) instead of just one. Your breast may feel a little sore for a short period afterwards.

It may take one to two weeks for the results, or sometimes longer depending on the clinic. You will generally be given another appointment to come back for the results. The results can show if the lump is cancerous or non-cancerous. Sometimes not enough cells are present in the sample to give a definite answer. In this case you will need further tests.

## What is a core biopsy?

For a core biopsy, a larger needle is used to take a sample of tissue from your breast lump. You will usually be given a local anaesthetic to numb the area before the biopsy is taken. More than one biopsy may be taken. The tissue that is taken is sent to the laboratory and is examined under a microscope.

You may need to wear a dressing on the area afterwards and your breast may feel a little sore. Painkillers usually help the soreness. It may take one to two weeks for the results, or sometimes longer depending on the clinic. You will generally be given another appointment to come back for the results. Again, the results can show if the lump is cancerous or non-cancerous.

## Other advice

If you do have to go back to a breast clinic to get your results, it may be a good idea to take a partner, relative or friend with you. In this way you will have someone present to give you support if you need it. However, remember that for many women who have these tests, the results show that they do NOT have cancer. They may have one of the benign breast problems that are discussed above.

You should also remember that even if your tests do come back as benign (non-cancerous), you should still continue to be vigilant and be breast aware. You should regularly check your breasts for anything that is not normal for you.

See your GP if you are worried about any new breast pain, lumps or nipple discharge.

## Breast cancer screening

If you are between 50 and 70 years old, you will be called for regular breast cancer screening using mammography. You should continue to attend this. You will automatically be sent an appointment for a mammogram every three years.

This screening is gradually being extended to women who are 47-73 years old. Some parts of the UK already have it, but it will be all over the country by 2016. If women over 73 years have particular worries, they can arrange a mammogram through their GP.

## Further help and information

### NHS Breast Screening Programme

Web: [www.cancerscreening.nhs.uk/breastscreen/](http://www.cancerscreening.nhs.uk/breastscreen/)

## Further reading & references

- [Primary breast cancer: ESMO Clinical Practice Guidelines for diagnosis, treatment and follow-up](#); European Society for Medical Oncology (2011)
- [Breast cancer - suspected](#), Prodigy (July 2005)
- [Breast screening](#), Prodigy (December 2011)
- [Breast cancer - managing family history](#), Prodigy (November 2009)
- [Vogel VG](#), Breast Lumps, Merck Manual, Nov 2008
- [Boetes C](#); Update on screening breast MRI in high-risk women. *Magn Reson Imaging Clin N Am.* 2010 May;18(2):241-7, viii.

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