



Overview of Benign Breast Conditions

The Breast Care Center at St. Joseph Hospital

Where Care and Compassion Come Together

Condition	Definition
Fibrocystic Changes	Non-cancerous conditions of the breast. These conditions are found in the breasts as lumps or masses that occur and change with menstrual cycle and may be accompanied with pain or tenderness.
Nipple Discharge	This is a common complaint there are three possible causes: hormonal changes, response to medication or lesion/disease of the breast.
Papilloma	A benign usually tiny wart like growths found in large ducts of the breast near the nipple. It often causes bloody discharge from the nipple.
Fibroadenoma	Are solid, benign tumors composed of fibrous and glandular tissues that are movable and not anchored in the surrounding breast tissue. It is the second most common breast lump.
Atypical Hyperplasia	It is a term used to describe a change in the cells that line the ducts or lobules of the breast. The diagnosis is usually made after the removal of a cyst and pathology is determined.
Gyneomastia (male)	Is benign enlargement of the male breast. It may occur in one or both breast from birth to old age.
Itchy Breast	Most cause of itchy breast is from contact dermatitis. In some cases it can be from cancerous conditions but rare.
Lipomas	Are noncancerous tumors composed of fat cells. They may appear in various parts of the breast. They usually feel sponge and movable.
Mastitis	A condition of inflammation or infection of the breast.
Radical Scar	Is a term used to describe an abnormality found on mammography that has a star shaped appearance.
Cyst/Aspiration	A cyst is a fluid filled mass in the breast usually benign. An aspiration is when fluid is extracted with a needle viewed and may be sent for testing
Biopsy	A removal of a sample of tissue to see if there are cancer cells present.

If you would like more information about **Breast Self Exam**, or if you would like to attend one of our free classes please call The Breast Care Center at 595-5700. Monday—Wednesday, 7 a.m. to 7 p.m. Thursday and Friday, 7 a.m. to 5 p.m.