

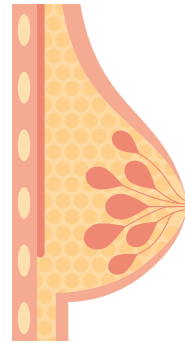
Breast masses

WHAT IS A BREAST MASS?

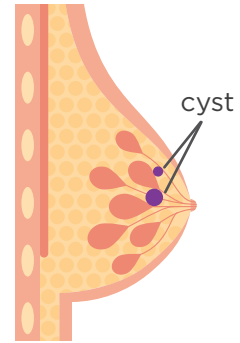
There are many different types of breast masses. The most common pediatric breast masses include:

- **Fibroadenoma:** One of the most common benign masses, they are smooth, mobile and round. These typically will change size around menstruation.
- **Fibrocystic changes:** This can involve multiple, small lumps, especially during menstruation, causing tenderness and heaviness.
- **Breast asymmetry:** One breast may be growing faster than the other, causing each breast to be different sizes.
- **Abscess:** An infection in the breast that causes a tender and red mass. Most abscesses are caused by the bacteria *Staphylococcus aureus* (staph).

normal breast



fibrocystic breast



- **Cystosarcoma phyllodes:** This is a rare condition that is typically painless and can be larger than most other breast masses. They are generally benign.
- **Juvenile papillomatosis:** This is a localized benign lesion that typically presents as a solid and unilateral mass. It is most often caused by human papillomavirus (HPV), specifically HPV types 6 and 11.

WHAT ARE SOME COMMON SYMPTOMS OF BREAST LESIONS?

- Swelling or redness of the breast.
- Breast pain or tenderness that is not associated with menstruation.
- Nipple discharge.
- Change in size of the original breast mass.
- Significant breast pain with menstruation.

SHOULD I BE CONCERNED MY CHILD HAS CANCER?

- In general, breast masses in pediatric patients are rare and the overwhelming majority are benign.
- The risk of pediatric breast cancer is very low, with less than 10 cases reported per year in the United States.

DOES MY CHILD NEED LABORATORY TESTS OR IMAGING?

- Yes, we highly recommend having an ultrasound of the breast mass for further evaluation and information.
- Laboratory tests are typically not needed; however, if we feel it is necessary, we will order all necessary testing.

WHAT IS THE TREATMENT?

Treatment is dependent on clinical findings and the diagnostic testing we ordered. The most common treatment options include:

- **Watchful waiting:** Surgery is not always required immediately. Depending on the ultrasound results, it may be recommended to monitor the breast mass for changes such as growth of the mass or changes to the appearance of the breast.
- **Antibiotics:** If your child has a breast abscess, antibiotics will be recommended to treat the infection. At times, an incision and drainage may be necessary.
- **Surgery:** Some breast masses may benefit from excision, either due to size, growth or features noted on ultrasound. We may recommend a biopsy versus an excision. Both are day-surgery procedures, with a quick recovery.

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