

Breast Lumps & Benign Conditions

Finding a breast lump is frightening, but most lumps are not cancer. The first step is a calm, thorough assessment so you know exactly what you are dealing with — quickly.

What it involves

Dr Broeze assesses and treats fibroadenomas, breast cysts, mastitis and breast abscesses, nipple discharge, breast pain, phyllodes tumours, intraductal papillomas and duct ectasia.

When it is recommended

See a specialist for any new lump, a lump that is growing, skin dimpling or redness, a nipple that has turned inward, bloody or one-sided nipple discharge, or breast pain that does not settle.

Our approach

Assessment follows the triple test: clinical examination, imaging (ultrasound and/or mammogram) and, when needed, a needle biopsy. Many benign lumps need nothing more than reassurance and follow-up.

In more detail

Fibroadenomas are smooth, rubbery lumps common in young women. Small ones that are confirmed on biopsy can be watched; larger, growing or bothersome ones are removed through a small, carefully placed incision.

Cysts are fluid-filled and can usually be drained with a fine needle in the rooms. Breast abscesses are treated with antibiotics and needle drainage where possible, avoiding a large open wound.

The practice provides a written quotation with the procedure codes; you submit it to your medical aid to obtain pre-authorisation before the operation.

Recovery

Removal of a benign lump is a day-case procedure. Most women return to work in two to three days. Results of the tissue analysis are discussed at your follow-up visit about a week later.

Common questions

Does a painful lump mean it is not cancer?

Painful lumps are more often benign, but pain alone does not rule cancer out. Every new lump deserves assessment.

Do fibroadenomas turn into cancer?

Simple fibroadenomas do not turn into cancer. They are removed if they grow, are large, cause discomfort, or if the diagnosis is uncertain.

Is nipple discharge a worry?

Discharge from both breasts that only appears when squeezed is usually normal. Spontaneous, one-sided, clear or bloody discharge should be assessed.

This brochure is general information and does not replace a consultation. To book, call 011 014 0414 or WhatsApp 062 415 6612.