

Know About Non-Cancer (Benign) Breast Changes: Intraductal Papilloma

For people who have breast changes

Read this brochure to learn:

- what are benign breast changes
- how are benign breast changes diagnosed (found)
- what is an Intraductal Papilloma
- what are my treatment options
- where do I get more information



Patient Education



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What are benign (non-cancer) breast changes?

Benign means not cancer. Benign breast changes are changes to your breast that are not cancer. Benign breast changes are very common.

These changes to your breast are not life-threatening. This means that they will not cause death. Some of these breast changes can cause you pain or discomfort. Most women have changes to their breasts during their life.

Most of these changes are caused by getting older or by changes in hormones (chemicals that help different parts of your body know how to work). Sometimes you will have no symptoms (signs) of these changes at all.

Always get breast or nipples changes like those listed below looked at by your family doctor or your oncologist (cancer doctor).

Lumps:

- A lump (mass) or a firm feeling in or near your breast
- A lump under your arm
- Thick or firm tissue in or near your breast
- Change in the size or shape of your breast

Nipple discharge (fluid that comes out by itself without squeezing) or other changes to your nipples:

- Nipple discharge (fluid that is not breast milk)
- Nipple discharge that is bloody
- Nipple changes (nipple that points inward into the breast)

Skin changes:

- Skin on your breast that is itchy, red, scaling, dimpled or puckered

How are benign breast changes diagnosed (found)?

Some benign breast changes can be felt during an exam (physical check) by your doctor or when you do a self-exam (check your breasts yourself).

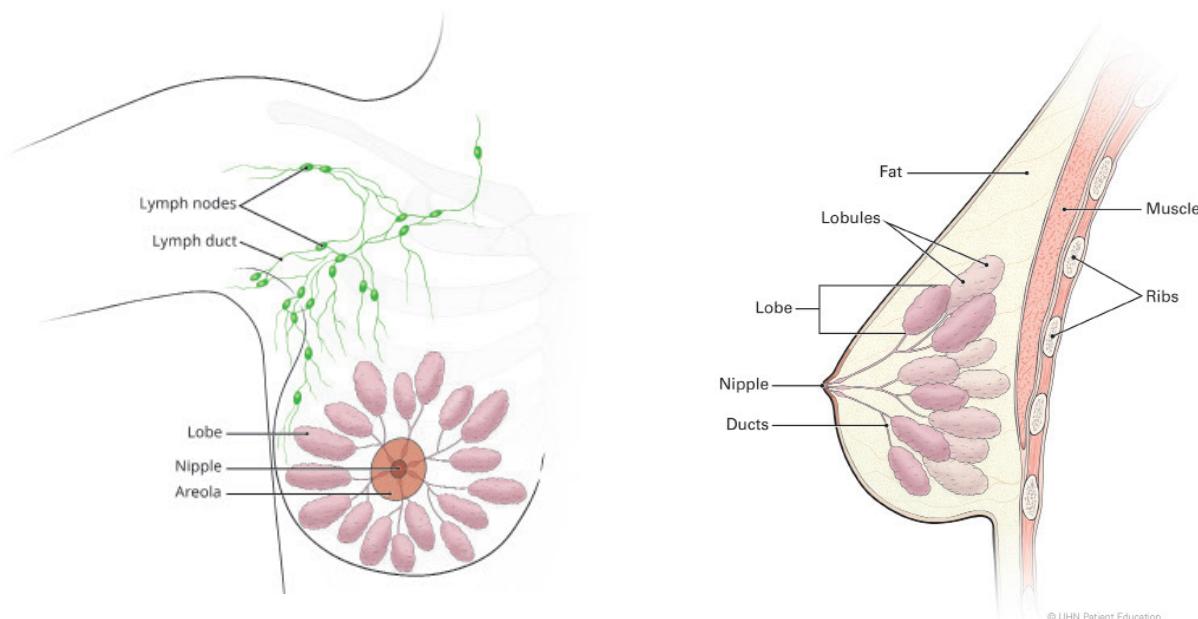
Some benign breast conditions are found by:

- a mammogram (breast x-ray) or
- an ultrasound (a safe, painless test that uses sound waves to make images of the breast).

Sometimes a biopsy (when a small sample of the breast is removed for testing) is needed to know what type of benign breast change you have.

Read below to learn about the parts of your breast.

What are the different parts of the breast?



The images above show the parts of the breast that can be affected by benign breast conditions.

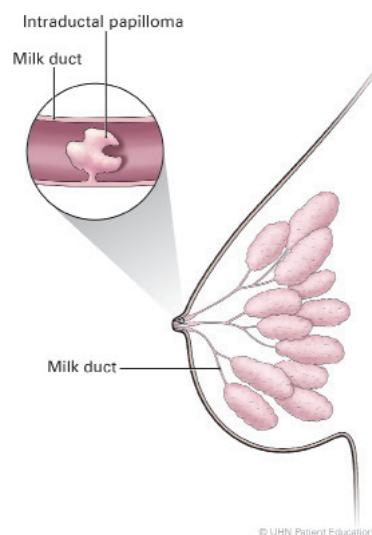
Breasts are made up of these main parts:

- Nipple
- Lobules (glands that make milk)
- Milk ducts (part of the breast that moves milk toward the nipple for breast-feeding)
- Fat
- Supportive tissue (supports parts of your breast)
- Connective tissue (connects parts of your breast)

Together, the milk ducts and lobules are called **glandular** breast tissue. The supportive tissue, fat and connective tissue are called **stromal** breast tissue. Benign breast conditions can affect both kinds of breast tissue.

What is an Intraductal Papilloma?

An Intraductal Papilloma is a benign growth inside the milk duct. It often grows in the duct near the nipple. It can cause your nipple to discharge fluid (the fluid can be watery, sticky or bloody). An Intraductal Papilloma can also form a lump near the nipple.



Here is an image of what an Intraductal Papilloma looks like.

Intraductal papillomas are most common in people 35 to 55 years old.

If you have discharge from your nipple(s), your doctor might book you for a ductogram. This is an x-ray that looks inside your breast ducts.

You will also get a mammogram (x-ray of the full breast) and you may also get an ultrasound so your doctor can get a complete view of your breast.

What are my treatment options?

An Intraductal Papilloma often needs surgery to remove the papilloma (growth) and the milk duct it is growing in.

You may need surgery to stop the discharge.

Where can I get more information about breast changes?

Visit these websites:

- National Cancer Institute – Breast Cancer
www.cancer.gov/cancertopics/types/breast
- American Cancer Society – Non-cancerous breast conditions
www.cancer.org/healthy/findcancerearly/womenshealth/non-cancerousbreastconditions/index

Or visit the Patient & Family Library (main floor of The Princess Margaret Cancer Centre).

Phone: 416 946 4501 ext. 5383

Website: www.library.theprincessmargaret.ca



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