

# Recurrent Giant Fibroadenoma: A Rare Case

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Fibroadenomas are common benign lesions of the breast that usually present as a single breast mass in young women.<sup>1</sup> They are assumed to be an aberration of normal breast development and the product of hyperplastic process rather than true neoplasm.<sup>2</sup> Histologically, they appear to be more cellular and have less lobular components than do simpler fibroadenoma, however, they are benign lesion that do not undergo transformation to malignancy.<sup>3</sup>

A 23-year-old lady presented with rapidly enlarging right breast lump for the last 4 months. She was twice operated for fibroadenoma 3 years and 6 months back at some private hospital (Figure 1). There was no history of pain, trauma, nipple discharge, fever, anorexia or weight loss. On examination, there was a large mass measuring about 16 cm × 10 cm. Involving almost whole of the right breast. The lump was firm, mobile, with a regular surface with no superficial ulceration, overlying skin was shiny and was not fixed to the lump, however, previous surgery scar were visible. There was no axillary lymph node or any other lump in the other

breast. Routine investigation was within normal limit. Fine-needle aspiration cytology report revealed the presence of few bare nuclei from the ductal cells with occasional clusters with mild anisonucleosis with no foci of atypia seen.

Total excision of lump was done with preservation of normal breast issue, nipple, and areola (Figure 2). The specimen was sent for histopathological examination with



Figure 1: Clinical picture of the right breast lump



Figure 2: Excised breast lump



Figure 3: Post-operative breast

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revealed giant juvenile fibroadenoma of the right breast. The postop period was uneventful, and the patient is doing well at regular follow-up with no locoregional recurrence (Figure 3).

1. Fibroadenoma larger than 5 cm are commonly defined as a benign giant fibroadenoma, and they are usually encountered in pregnant or lactating women when found in an adolescent girl the term juvenile fibroadenoma is more appropriate.
2. These lesions contribute 0.5-2% of all fibroadenoma

and are rapidly growing masses that caused asymmetry of the breast, distortion of overlying skin, and stretching of the nipple.

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