



# Childhood Tumour Trust

breast cancer awareness

## NF1 AND BREAST CANCER LUMPS AND LANGUAGE

**FINDING A LUMP OR NOTICING A CHANGE IN YOUR BREASTS CAN CAUSE ANXIETY AND CONCERN. THERE ARE LOTS OF REASONS WHY YOU MAY NOTICE A CHANGE. WHILE MOST BREAST LUMPS ARE BENIGN (NOT CANCER), IT IS STILL IMPORTANT TO GET THEM CHECKED OUT BY A MEDICAL PROFESSIONAL.<sup>1</sup>**

### **NEUROFIBROMAS** Most neurofibromas occur as a result of the rare condition neurofibromatosis (NF1).

**Dermal neurofibromas** are non-cancerous tumours that grow on or just under the skin. They are usually small and the amount a person has can vary. They can cause itching and discomfort depending on where they are, as well as psychological issues, particularly if there are multiple visual neurofibromas.<sup>2</sup>

**Plexiform neurofibromas** occur when neurofibromas develop where multiple branches of nerves come together. They can cause large swellings and sometimes cause symptoms including pain, weakness, numbness, bleeding, or problems with the bladder or bowels.<sup>3</sup> There is a small chance these tumours can become malignant (cancerous).<sup>4</sup>

### **FIBROADENOMA**

A very common, benign condition that can occur at any age. A fibroadenoma usually feels like a smooth lump in the breast that moves easily. They are usually painless but may feel tender or painful, particularly before a period. Most fibroadenomas do not need to be treated and they don't usually increase your risk of breast cancer.<sup>5</sup>

### **BREAST CYST**

One of the most common causes of a lump in the breast, breast cysts are a benign condition that can occur at any age but most often affect women over 35. They can feel like a soft or hard lump of any size. Small cysts may be too small to feel while larger ones may be uncomfortable. It's common to have more than one and they may form in clusters. Cysts may become larger and tender before a period. Most breast cysts do not need to be treated and don't increase your risk of breast cancer.<sup>6</sup>

### **FAT NECROSIS**

A benign condition that most commonly develops after an injury or trauma to the breast tissue, such as from a biopsy or surgery. Fat necrosis feels like a firm, round lump. It is usually painless but may feel tender or painful to some people. The skin around the lump may look thickened, red, bruised or dimpled, and it can cause the nipple to be pulled in. It can occur in women of any age and does not increase your risk of breast cancer.<sup>7</sup>

### **PASH (PSEUDOANGIOMATOUS STROMAL HYPERPLASIA)**

A benign breast condition most common in premenopausal women but can affect women of any age. PASH is usually felt as a painless lump which can vary in size. In most cases PASH does not need to be treated and does not increase your risk of breast cancer.<sup>8</sup>

**Please note, these are the most common benign breast lumps, but this list is by no means exhaustive. It is always best to get any lump or change in your breast checked by a medical professional.**



This infographic was created by **RARE Revolution Magazine** for Childhood Tumour Trust  
[www.childhoodtumourtrust.org.uk](http://www.childhoodtumourtrust.org.uk)



References  
[1,5,6,7,8] <https://breastcancer.org/about-breast-cancer/breast-lumps-and-benign-not-cancer-breast-conditions>  
[2,4] <https://www.childhoodtumourtrust.org.uk/what-is-neurofibromatosis-type-1-nf1>  
[3] <https://www.nhs.uk/conditions/neurofibromatosis-type-1/symptoms>