

ATYPICAL DUCTAL HYPERPLASIA

What is Ductal Hyperplasia?

- Ductal hyperplasia is a condition where there is a build-up of normal cells within the milk duct.
- It is benign (not cancer).

What is Atypical Ductal Hyperplasia?

- This refers to an increased number of abnormal (atypical) cells seen within the milk duct.
- These off-looking cells can multiply and grow in excessive numbers (hyperplasia) but remain contained within the duct and are not classified as a cancer.

How are These Conditions detected?

- You cannot feel these early breast changes, as they do not cause lumps, pain or any other symptoms in the breast.
- If you have an abnormal mammogram, your physician may recommend a breast biopsy (core biopsy or fine wire localization).
- After your biopsy procedure, a pathologist carefully examines the breast tissue to look for any cellular changes or abnormal growth patterns.

What is the Treatment for Atypical Ductal Hyperplasia?

- Your doctor will refer you to a breast surgeon for a consultation appointment. Together, you will review the pathology results and discuss whether or not surgery will be required.

What is the follow-up required if surgery is not needed?

- Close follow-up includes consistent monthly breast self-examination, physical examinations by your doctor every six months and yearly mammograms.
- Women who take hormones or who are considering their use in the future may want to review this with their doctor as recommendations are made on an individual basis.
- Your lifetime risk of developing breast cancer is increased slightly compared with women who do not have this risk factor.
- Most women who have atypical hyperplasia do not go on to develop a breast cancer.

References:

1. Lauersen, N. & Stukane, E. (1998). *The complete book of breast care*. New York: Fawcett Columbine.
2. Love, S. (2000). *Dr. Susan Love's breast book* (3rd ed.) Cambridge: Perseus.
3. Olivotto, I., Gelmon, K., & Kuusk, U. (2004). *The intelligent patient guide to breast cancer* (3rd ed.), Vancouver: Intelligent Patient Guide.

This information is of a general nature and may vary according to your special circumstances. If you have specific questions, please contact your physician or appropriate health care professional.