

- The prevalence of breast lumps in teenage girls is 3.2%  
- However, in the UK, there has been no reported cases of breast Ca in <15y.

Breast lump (child)

Disclaimer:  
Read the disclaimer at medimaps.co.uk/disclaimer  
References:  
1. Association of Breast Surgeons Clinical and Practice Standards Committee Aug 2020 (draft)  
2. Dr Uma Marthi GPwSI Primary Care Knowledge Boost Dec 2020.

Pre and peri-pubertal age

Pubertal age

- Clinical examination to exclude other pathology.

Investigations

- Klinefelter syndrome  
- hyperthyroidism  
- drug-induced breast enlargement

Management

- Refer to general paediatrics.

Nipple lump

- Can get lump under nipple which is simply thickening of the areolar tissue.  
- Impossible to be breast Ca as there is no glandular breast tissue.

Accessory nipples (Polythelia) OR Supernumerary breast (Polymastia)

- Occur in 1-6% of the population.

Management

- Reassurance and no referral is needed.

Premature thelarche (breast development < 7y)

Management

- Most cases can be managed conservatively.  
- Consideration of hormonal profile, ultrasound of the breast and pelvis would be useful to exclude precocious puberty.  
- Referral to a breast clinic is not required.

Asymmetrical Breasts

- Most mature women have some breast asymmetry.  
- Asymmetry may be more pronounced between Tanner stage 2 and 4, when the breast is developing, but often improves by Tanner stage 5.

Management

- Evaluate for a history of injury of the prepubertal breast and for rib cage or spinal asymmetry.  
- Reassurance and no referral is required.

- Trauma  
- Infection  
- Surgery

Gynaecomastia

Management

ABS Gynaecomastia guidelines

Nipple discharge

Management

ABS guidelines for nipple discharge

Mastitis and abscess formation

- Can occur during neonatal period, or between 8-17y.  
- Most adolescent mastitis associated with skin infections, piercings or lactation.

Management

- Adolescent mastitis or abscess, a course of Abx and referral to the breast unit would be appropriate for ultrasound.

Breast lump

- Are rare and are usually a cyst or a benign neoplastic condition.

Management

- Refer for USS.

- No lump, benign cyst or benign lump <3cm.

- Symptomatic lump > 3cm OR  
- Suspicion as to the nature of the lump.

- Refer to secondary care for further assessment and treatment of the lump.