

Conference Abstracts

Vol. 6, Issue Supplement 2, 2026

Bilateral Cellular Fibroadenoma Presenting as a Giant Breast Mass mimicking Phyllodes Tumour in a Postmenopausal women: A Case Report

Kshitiz Parajuli, MBBS^{1,a}; Shristi Gupta, MBBS¹; Yoshika Bhattarai, MBBS, MD¹; Janvi Gurung, MBBS¹; Priya Sakhakarmi, MBBS¹

¹ Kathmandu University, Dhulikhel, Kavre, Nepal, Dhulikhel, Bagmati

Corresponding author

^a Kshitiz Parajuli, MBBS, Kathmandu University, Dhulikhel, Kavre, Nepal, Dhulikhel, Bagmati

Email: kshitizparajuli12@gmail.com

Keywords: Cellular fibroadenoma, Phyllodes tumor, Breast neoplasm

Submission received: 2026-08-19 / Accepted: 2026-08-27 / Published: 2026-09-11

<https://doi.org/10.53876/001a.129878>

Abstract

Background

A rapidly enlarging breast mass with otherwise benign features is suggestive of a phyllodes tumor usually classified as benign, borderline, or malignant. Here, we present a case of 52-year-old postmenopausal women presented with bilateral breast lump, with progressive enlargement of left breast over five months. Investigations raised suggested phyllodes tumor, leading to left mastectomy and right lumpectomy. However, histopathological examination of the excised specimens revealed cellular fibroadenoma with fibrocystic change in both breasts, with usual ductal hyperplasia in left breast and no evidence of phyllodes tumors.

Methods

A 52-year-old Asian female presented to the outpatient department with complaints of bilateral breast lumps, with the left breast progressively increasing in size in the past 5 months and a dragging pain. Examination revealed a 15 x 10 cm hard left breast mass and a mobile 3 x 3 cm right breast lump, without nipple changes or axillary lymphadenopathy. Ultrasonography

suggested a left breast mass suspicious for phyllodes tumor with malignant degeneration and a right lobulated mass. Mammography showed focal asymmetrical densities on the right and a homogenous radiopaque density occupying almost the entire left breast, classified as BI-RADS IV. A core biopsy revealed a fibroepithelial tumor, with the differentials being cellular fibroadenoma and phyllodes tumor. She underwent left mastectomy and right lumpectomy. Histopathology confirmed bilateral cellular fibroadenoma with fibrocystic changes and left sided usual ductal hyperplasia, without malignancy or phyllodes tumor.

Conclusion

This case emphasizes cellular fibroadenoma as an important differential diagnosis of rapidly enlarging breast masses, even in postmenopausal women. It demonstrates bilateral cellular fibroadenomas with a giant left sided lesion in a postmenopausal woman, mimicking phyllodes tumor clinically and radiologically (BI-RADS IV). Only histopathology was able to confirm it as benign cellular fibroadenoma. Alertness of such entity and careful histopathological evaluation are essential for accurate diagnosis and appropriate management.

© 2021–2026 Binaytara. Website design and layout all rights reserved. Articles published in the International Journal of Cancer Care and Delivery are open access. Authors retain copyright. All articles are distributed under the terms of the Creative Commons Attribution-ShareAlike 4.0 International (CC BY-SA 4.0) license, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited and derivative works are shared under the same license.