

## **乳管内乳頭腫と乳がんリスク**

乳管内乳頭腫とは、乳房の乳管内に発生する良性のしこり(腫瘍)です。これらのしこりは、がん性のもではありませんが、治療が必要です。

ここでは、乳管内乳頭腫およびその治療法、また、乳管内乳頭腫発症後の乳がんリスクについて概説します。

### **乳管内乳頭腫とは？**

乳管内乳頭腫とは、乳頭近くの乳管内に発生するいぼに似たしこりのことを言います。これらは、非がん性のもので、33～55歳の女性に多くみられます。研究によると、2～3%の女性が乳管内乳頭腫を発症するとされており、両乳房に同時に発症することもあります。

### **乳管内乳頭腫は乳がんリスクを高める？**

通常、乳管内乳頭腫は良性のため、乳がんリスクを高める要因にはなりません。しかし、乳頭腫が異型性(異型入管上皮増殖症)の場合、また、乳頭腫が1つ以上の場合、わずかに乳がんリスクが高くなります。

### **症状は？**

主な症状は、乳頭の近くにできる触れることのできる小さなしこりです。しかし、しこりとして症状がでるケースは多くありません。もう1つの症状として、乳頭からの分泌液があります。分泌液は、透明だったり、赤い色をした血性のものであったりします。また、乳房が大きく感じたり敏感になったりすることもあります。少しでも不安がある場合、あるいは、分泌がある場合は、マンモグラフィーまたは超音波検査を受けてください。

### **治療法は？**

一般的な麻酔を使った乳管切除を行います。最低1泊の入院が必要となりますが、傷も小さく、通常はこれで終了です。

乳管内乳頭腫の治療後に、乳がんを発症するという傾向は特に指摘されていませんが、乳頭腫が異型性の場合乳がんリスクがわずかに上昇するとされています。

<原文>

## **Intraductal Papillomatosis Contribution to Breast Cancer Risks**

Intraductal papillomatosis are benign lumps found in the milk ducts of the breast. These small lumps are not cancerous but do require treatment. The treatment does involve surgery, but generally it is straightforward. Below you will find a comprehensive overview of intraductal papillomatosis, the risk of developing breast cancer after suffering intraductal papillomatosis and the treatment for this disease.

### **What is an Intraductal Papillomatosis?**

Intraductal Papillomatosis are lumps that are similar to warts which are located in the milk ducts near the nipple. These lumps are non-cancerous and are most likely to occur in women between the ages of 33 and 55 years of age. Studies show that between 2 and 3% of women will suffer from intraductal papillomatosis at some point in their lives. Intraductal papillomatosis can sometimes occur in both breasts at the same time.

### **Are You at an Increased Risk of Developing Breast Cancer if You Have Intraductal Papillomatosis?**

Generally intraductal papillomas are benign. They normally also do not increase the risk of developing breast cancer. If, however, the papilloma has atypical cells, these are cells that are abnormal, then the risk of developing breast cancer does slightly rise. There is also a slight higher risk of developing breast cancer if there are more than one papilloma.

### **What are the Symptoms of Intraductal Papillomatosis?**

The main symptom of intraductal papillomatosis is a small lump which can be felt near the nipple. The lump cannot always be felt, and in many cases it is not known that the patient is suffering from intraductal papillomatosis unless they are undergoing non-related breast surgery. There may also be a discharge from the nipple. This discharge is normally clear, although it can also be stained with blood. In some cases of intraductal papillomatosis, the breast may feel large and tender. A health provider will refer you for a mammogram or ultrasound if they have any concerns. Any discharge from the nipple will be sent for tests.

### **How is Papillomatosis Treated?**

Intraductal papillomatosis is treated by removing the affected milk ducts. This is done using a general anaesthetic. It will require you to stay in hospital for at least one night.

The operation only leaves a small scar. Follow-up appointments may be necessary, but most of the time there will be no need for further treatment.

Although it may be a worrying time there is no indication that after suffering from intraductal papillomatosis, breast cancer will follow. In some cases, atypical cells may be present. These abnormal cells are not a definite sign that you will develop breast cancer. However, they do indicate that you may have a slightly higher chance of developing breast cancer in the future.

<http://breastcancer.answers.com/diagnosis-and-tests/intraductal-papillomatosis-contribution-to-breast-cancer-risks>