

# Referral Support Service

## Breast

### BO2 Breast Lumps

[Click here for 2WW referral form](#)

#### Definition

Any new lump in the breast

#### Exclude Red Flag Symptoms

- Discrete lump in woman aged 30 or over.
- Associated ulceration, skin nodule, skin distortion or palpable axillary lymph nodes.
- Unilateral firm subareolar mass in men aged 50 or more.
- Associated erythema or redness of the breast tissue.
- Increase in size or change in character of a pre existing or previously investigated lump
- All require urgent referral under Two Week Rule

#### Management

- Asymmetric nodularity should be reassessed after 6 weeks and referred if persistent.
- Young women <35 with long standing painful lumpy breasts and older women with symmetrical nodularity if not a localized abnormality can be managed in Primary Care with reassurance and review.
- Smoking cessation to be encouraged
- Weight loss (if appropriate) to be encouraged

#### Referral Information

##### Information to include in referral letter

- Site and duration of lump
- Any family history of breast or ovarian cancer
- Relevant past medical / surgical history
- Current regular medication
- BMI/ Smoking status

#### Patient Information Leaflets/ PDAs

[www.patient.co.uk/health/breast-lump](http://www.patient.co.uk/health/breast-lump)

Responsible GP: Dr Dan Cottingham Boyd  
Responsible Consultant: Jenny Piper

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## References

- NICE Referral Advice Updated 22 08 12
- CRUK Guidelines for Referral of Patients with Breast Problems
- SIGN Guideline 84: Management of Breast Cancer in Women

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