

DR VANESSA
ATIENZA-HIPOLITO

40 STORIES FOR 40+ WOMEN

CASE #6

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“Doctor, why do I keep getting breast cysts?”

It's one of the most common questions I hear and the answer often brings relief.

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Last week, a lovely patient came in worried after feeling a small lump.

Her mind went straight to the worst-case scenario, as many women do.

After a careful breast ultrasound, we found it wasn't cancer at all, it was a simple cyst, a harmless pocket of fluid that's incredibly common, especially in women in their 30s to 50s.

Her shoulders relaxed. She smiled. "That's it?" she said – and yes, that was it.

Sometimes, understanding what's happening inside your body is the first step to peace of mind.

LESSON

Cysts form when fluid collects inside normal milk glands or ducts – often due to hormonal changes.

They can feel firm or tender, may change with your cycle, and are almost always benign.

Think of them as tiny water balloons that sometimes appear and disappear on their own.

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Breast cysts are common, natural, and usually nothing to fear.

Regular breast checks and imaging help differentiate what's normal for you so you can focus on living, not worrying.

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If you've noticed a lump, change, or new discomfort, don't panic, but don't ignore it either.

Talk to your GP or book an ultrasound with our caring team at Women's & Breast Imaging (WBI) for clarity and reassurance.