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BENIGN TUMOR IN A TRANSGENDER WOMAN ON HORMONE THERAPY: A CASE REPORT

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Background

- Transgender women receive lifelong hormone therapy (HT) to develop female secondary sex characteristics
- Exogenous estrogen is associated with the development of breast tumors in cis women

Case

- Patient presented at age 31 years with 1.5cm smooth, well-circumscribed nodule at 9 o'clock in left breast
- Breast ultrasound (Figure 1), diagnostic mammography (Figure 2), and core biopsy confirmed fibroadenoma
- Patient received HT for four years prior to presentation
- She decided to continue HT with regular surveillance
- No concerning growth for x two years

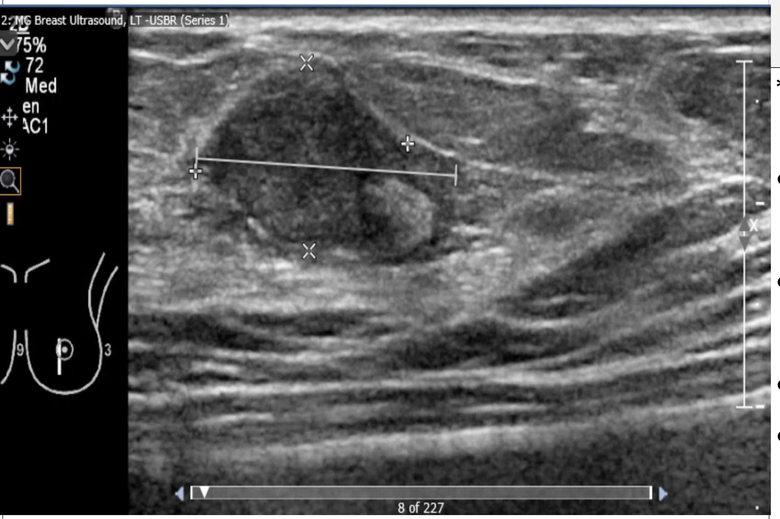


Figure 1. Breast ultrasound consistent with 1.5cm fibroadenoma

Table 1. Cases of Fibroadenoma in Transgender Women

Case	HT Regimen		Clinical Presentation
Kanhai 1999	Ethinyl estradiol 100 µg po daily Cyproterone acetate 50mg po daily		15 x 15mm firm, smooth mass in medial upper quadrant of the right breast
	22 y/o*		41 y/o*
Lemmo 2002	Ethinyl estradiol unknown dose	Cyproterone acetate unknown dose	Round 1.5cm smooth, mobile, painless, well-defined mass in upper outer quadrant of the right breast (detected on mammogram)
	15 y/o*	22 y/o*	34 y/o*
De Faria 2019	Ethinyl estradiol 125 µg po daily		1cm mobile, fibroelastic, retroareolar nodule
	29 y/o*		36 y/o*

*y/o = years of age

Key Points

- We present the fourth case of fibroadenoma in a transgender woman receiving long-term HT.
- Hormone therapy (HT) may ↑ risk for breast masses in transgender individuals
- Patient developed tumor after four years of HT
- HT-induced breast lesions in transgender populations are underreported and require further study.

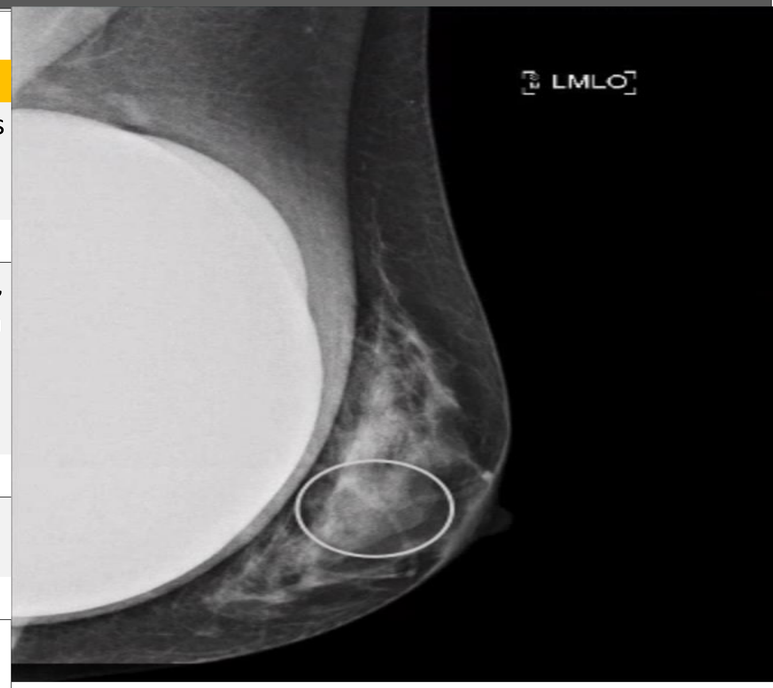


Figure 2. Mammogram demonstrating <2cm nodule

Discussion

- In prior cases, fibroadenomas occur in transgender women at 7-19 years post-HT (Table 1) at age 34-41 Cisgender women typically develop fibroadenomas before 30 years of age,
- There may be a correlation between HT use and the development of fibroadenoma in transgender women
- Long-term data are needed to inform the risks and benefits of continuing HT in transgender women