

**BREAST CARE DEPARTMENT**

10 October 2024

Dr Alexander McLeod  
Coromandel Family Health Centre  
80 Kapanga Road  
Coromandel 3506

**RE: MOLONEY, Caitlin Justine - dob 23/08/1978 (F)**  
**23 Colville Road, Coromandel 3506 Tel: 021 217 3529**

**NHI: SBW2513**

Dear Dr McLeod

**SUMMARY:**

*46 year old woman presents with a left breast lump for two years.*

**PLAN:**

*Discharged to care of GP - I have recommended Caitlin have either an ultrasound-guided core biopsy of this left solid lesion or an interval scan in six months to ensure stability. She has expressed a preference to have an interval scan in private at a radiology provider closer to her home. If, however, she changes her mind and would like to have this followed up here in the Breast Care Centre, please re-refer her.*

It was a pleasure to see Caitlin in the Breast Clinic today. She has a two year history of a left-sided breast lump. This is felt up towards the axilla in the upper outer quadrant. It has been tender at times, usually related to her menstrual cycle, and it can go up and down slightly in size. At the current time it is quite settled. She also has another lump closer in at around 2 o'clock in the left breast, which is soft and fluctuant. She has no skin or nipple changes and no nipple discharge. She has previously had a right-sided breast cyst in 2020, which was investigated with FNA biopsy.

Caitlin is fit and well.

**Past History:**

She has no past medical history.

**Current Medications:**

Her current medications are Citalopram 20mg daily. She has no known drug allergies.

**Breast Risk Factors:**

Australian. She began menarche at age 16. She does not have any children. She continues to get her periods regularly. She has a one year history of oral contraceptive pill. She has never used HRT. Caitlin regularly exercises one hour per week. She does not drink alcohol nor smoke.

**Family Cancer History:**

Her family history of cancer includes a paternal aunt with breast cancer in her 40's.

**On Examination:**

Her breasts are normal to inspection. There are no skin or nipple changes on the left side. There is a palpable lump at 1 o'clock, zone 4-5, which is a 1cm, smooth, mobile lump and feels clinically like a fibroadenoma. There is a lump closer in to the nipple at 11 o'clock, which is soft and fluctuant, round and smooth, which clinically feels like a cyst.

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**MOLONEY Caitlin**

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**Imaging:**

Caitlin has had a bilateral mammogram and a left-sided ultrasound scan today. The left ultrasound scan shows two lumps. The 11 o'clock lesion is in keeping with a simple cyst and the lesion further out to the axilla has the appearances of a fibroadenoma. This is a verbal report and I will await the formal report.

In terms of the solid lesion, it is clinically and radiologically in keeping with a fibroadenoma and I have given her a pamphlet with some information on this. I have offered her an ultrasound-guided core biopsy to confirm benignity of this. Caitlin was largely worried about having to drive all the way back here from Colville in the Coromandel in order to obtain this. I have offered her the alternative of getting an interval scan in six months' time to ensure stability of the lesion. She has expressed that she would like to do this and has the ability to arrange this in the private health system, therefore I am leaving this to her for now. However, should she have difficulty obtaining a breast ultrasound scan or should she decide to have a biopsy to complete the triple test on this lump, we would welcome a re-referral into our service.

Yours sincerely

**Electronically approved and signed on 21 October 2024 by**

**LISA FLETCHER  
BREAST PHYSICIAN**

*Typed: KO 11/10/2024*