

Fibroma

What is it?



- **Fibromas**– benign tumors that are composed of connective or fibrous tissue; fibroid tumors or fibroids; grow in all organs arising from mesenchyme tissue; may press on nerve roots; raised areas of tissue that appear anywhere inside the mouth (lips, tongue, inner cheeks, gingival, palate and floor of the mouth); scar tissue is formed with repeated injury to the mouth which leads to a fibroma and may take months or years to develop; very low likelihood of becoming cancerous;
 - **Appearance**- small areas of elevated tissue that are pink or red and if traumatized may appear reddish or blue; a smooth surface and may be oval, round or elliptical in shape; may be stalk like at the base or a smooth surface
 - **Size**- a few millimeters to about 2 centimeters (1 inch), may be firm and hard or soft and spongy
 - **Examples**- biting the tongue, lips, or cheeks or excessive grinding of the teeth/bruxism; braces, poor fitting dentures, sharp or jagged area of teeth
 - **Skin**- dermatofibroma; consists of many fibres and a few cells



Signs and Symptoms:

- **Symptoms**- pain, swelling, often annoying if not removed

Facts:

- **Rare Cases**-Cowen's syndrome may cause the formation and is a genetic disorder which causes skin lesions and increases the risk of thyroid and breast cancers
- **Continue to Grow**- if not surgically removed; can grow large enough to displace the teeth and can cause other oral health problems; surgery does not ensure that the fibroma will not recur; if the habit is not stopped the fibroma will return
- **Most Likely to Affect**- adults between ages of 20 to 50 years

What can I do?

- **See your Health Care Provider or Dentist**- for more information and especially if the fibroma interferes with a patient's speech or bite
 - **Treatment**- can be removed or left alone; determine if malignant and if cancer-related will be removed as a brief outpatient procedure; take steps to modify your behavior

