

Origination Date: 10/06	Revision Date(s): 10/07, 10/08
Developed By: Medical Criteria Committee	

Csaba Mera MD.

Approved: Csaba Mera, MD Date: 10/13/08

Description:

Breast fibroadenomas are common benign lesions that often affect women during their reproductive years. Fibroadenomas can cause physical deformity due to large size and may produce discomfort. Previously, standard treatment options for fibroadenomas included observation or surgical excision. A newer treatment approach for fibroadenomas is cryoablation. Cryoablation of fibroadenomas involves the localized freezing and destruction of the breast mass. This procedure can be performed in a physician's office, under local anesthesia with only a small incision. The technique of cryoablation involves ultrasound guidance for three-dimensional probe placement within the center of the lesion. Once the probe is in place, the fibroadenoma is frozen. Usually two freeze/thaw cycles are performed. Cryoablation continues until a frozen ball encompasses all of the tumorous area. Once the tissue is destroyed, the body should reabsorb it in approximately 3-6 months.

Criteria:

ODS will cover cryoablation of breast fibroadenomas when **all** of the following criteria are met:

1. The lesion is sonographically visible; and
2. The diagnosis of fibroadenoma is confirmed histologically; and
3. The lesion is less than 4 cm in largest diameter; and
4. The patient does not have any of the contraindications listed below

Contraindications for cryoablation of a fibroadenoma of the breast include:

1. Core biopsy diagnosis is suggestive of cystosarcoma phylloides tumor or other malignancy
2. Poor visualization of lesion by ultrasound
3. Core biopsy diagnosis of fibroadenoma where diagnosis is thought to be discordant with findings on imaging or physical examination

Information to be Submitted with Pre-Authorization Request:

1. Chart notes from treating physician including history and physical
2. Diagnostic imaging results
3. Histology results

References:

- The American Society of Breast Surgeons. Official Statement: Management of fibroadenomas of the breast. Accessed on October 10, 2008. Available at URL address: <http://www.breastsurgeons.org>.
- Kaufman CS, Littrup PJ, Freeman-Gibb LA, et al. Office-based cryoablation of breast fibroadenomas with long-term follow-up. Breast J. 2005 Sep-Oct;11(5):344-50.
- Whitworth PW, Rewcastle JC. Cryoablation and cryolocalization in the management of breast disease. J Surg Oncol. 2005 Apr 1;90(1):1-9.
- Littrup PJ, Freeman-Gibb L, Andea A, et al. Cryotherapy for breast fibroadenomas. Radiology. 2005 Jan;234(1):63-72.
- Morin J, Traore A, Dionne G, et al. Magnetic resonance-guided percutaneous cryosurgery of breast carcinoma: technique and early clinical results. Can J Surg. 2004 Oct;47(5):347-51.
- Kaufman CS, Bachman B, Littrup PJ, et al. Cryoablation treatment of benign breast lesions with 12-month follow-up. Am J Surg. 2004 Oct;188(4):340-8.
- Physician Advisors