

Carrying more than a baby: A rare case of phyllodes tumour in pregnancy

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ABSTRACT

Introduction: Phyllodes tumour is a rare fibroepithelial breast neoplasm, accounting for less than 1% of all breast tumours. Its occurrence during pregnancy is exceptionally uncommon, posing a challenging interplay between clinical decision-making, hormonal influences, and the emotional well-being of the expectant mother. **Case Description:** We present a case of a primigravida at 16 weeks of gestation with a rapidly enlarging, painless breast mass initially diagnosed as fibroadenoma. Pre-pregnancy fine needle aspiration and early pregnancy tru-cut biopsy ruled out malignancy, favouring a benign phyllodes tumour. A multidisciplinary approach was employed, but the patient declined surgical excision despite its relative safety in pregnancy. As the tumour continued to grow, likely driven by hormonal changes, it resulted in significant physical discomfort, particularly in late pregnancy and breastfeeding. Beyond the physical burden, the patient faced profound anxiety and uncertainty, leading to psychiatric intervention for emotional support. She ultimately delivered a healthy term infant via spontaneous vaginal birth. **Discussion:** Phyllodes tumours in pregnancy are rare yet potentially aggressive. This case underscores the complexity beyond the clinical diagnosis, highlighting the psychological impact of managing a rare tumour during pregnancy. While surgical guidelines favour intervention, respecting patient autonomy and emotional preparedness is equally critical. A compassionate, multidisciplinary approach ensures both medical safety and psychological resilience, reinforcing the importance of patient-centred care, one that prioritises empathy, timing, and trust beyond protocol.