Clinical profile and management of benign breast disease

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ABSTRACT

Background: Benign breast diseases are group of non cancerous condition which includes a variety of disease. The pt. commonly present with lump, Pain and nipple discharge. Material and method: It was prospective observational study. Carried out at opd of general surgery department at hallet hospital GSVM medical college Kanpur from October 2017 to November 2019. A total of 200 pt were studied and all pt underwent detailed history recording and clinical examination. Subsequently based on assessment they underwent USG or mammography of breast. After that they underwent FNAC or excisional biopsy with HPE. Result: Out of 200 pt most common presentation was breast lump (82.5%) followed by breast pain (15%) and nipple discharge (7.5%). The most common age of presentation was 21-30 years with Right side of breast more commonly involved than left side. The most common clinical diagnosis was fibroadenoma (45%) followed by fibroadenosis (31%) mastalgia (15%) all lipoma (2.5%). Conclusion: Benign breast disease present mainly is 21-30 year of age group and fibroadenoma is commonest of them all. It can be diagnosed clinically and confirmed by FNAC is more than 90% of cases excision is main stay of treatment.

Key words: benign breast disease, mastalgia, breast lump

INTRODUCTION

The term benign breast diseases encompasses a heterogeneous group of lesions that may present a wide range of symptoms or may be detected as incidental microscopic findings the incidence of benign breast lesions begins to rise during the second decade of life and peaks in the fourth and fifth decades, as opposed to malignant diseases, for which the incidence continues to increase after menopause, although at a less rapid pace. Unlike breast cancer diseases have often been difficult to understand, in part due to the variety of names that have been used to describe the various conditions. There are many types of benign breast problems, but in general terms these can be classified according to the predominant symptom - pain, lumps, nipple problems and infections of the breast Mastalgia (Cyclical / Non – Cyclical), Sclerosing Adenosis, Mastitis, Breast Abscess, Fibroadenoma, Fibrocytic Changes, Cysts, Nipple Disorders (Periductal Mastitis / Duct Ectasia) and Pregnancy.

MATERIAL AND METHODS

The present study was conducted from January 2018 to October 2019 at LLR & Associated Hospitals, GSVM Medical College, Kanpur on female patients presenting with complaints related to breast. My Inclusion criteria were all female patients coming with benign breast disease to OPD of LLR & associated hospital, GSVM Medical College, Kanpur and exclude all female patients with malignant breast disease, acute inflammation or abscess.
Results
In the present study of 200 cases of benign breast disorders the following results were drawn. In my study the incidence of benign breast disease 44.15% and most common was present in 21-30 years of age.

Table 1 : Frequency of benign breast diseases

| Diagnosis            | No. of patients | Percentage (%) |
|----------------------|-----------------|----------------|
| Mastalgia            | 30              | 15             |
| Fibroadenoma         | 90              | 45             |
| Fibroadenosis        | 62              | 31             |
| Antibiomma           | 7               | 3.5            |
| Cyst                 | 3               | 1.6            |
| Tubercular abscess   | 1               | 0.53           |
| Phyllodes tumor      | 1               | 0.53           |
| Duct ectasia         | 1               | 0.53           |
| Lipoma               | 5               | 2.5            |

Table 2 : Benign breast disease on either sides

| Benign breast disease | Right | Left | Bilateral | Mean+age | Treatment       |
|-----------------------|-------|------|-----------|----------|-----------------|
| Fibroadenoma          | 61.1  | 33.3 | 5.5       | 23       | Excision        |
| Fibroadenosis         | 48.4  | 32.25| 19.3      | 25       | Conservative    |
| Breast cyst           | 0.8   | 0.4  | 0.4       | 28       | Aspiration      |
| Lipoma                | 0.9   | 0.8  | 0.8       | 24       | Conservative    |
| Antibiomma            | 1.8   | 1.7  | 0         | 31       | Excision        |
| Tubercular abscess    | 0.3   | 0.1  | 0.1       | 29       | further evaluation |
| Phyllodes tumor       |       |      |           |          |                 |
| Duct ectasia          |       |      |           |          |                 |

Mastalgia
- Mastalgia accounted for 15% of the patients.
- 33.33% of patients had non-cyclical mastalgia and 66.66% patients had cyclical mastalgia. Only 8.7% patient complained of menstrual irregularity. All patients with mastalgia were premenopausal.
- Patients with cyclical mastalgia were younger than those with non-cyclical mastalgia.

Nipple discharge
In my study nipple discharge is present in about 7.5% patient right side more common than the left side.
DISCUSSION

Present study of breast diseases covers the population in and around Kanpur. Certain social and demographic factors contribute to the pattern of diseases of that breast encountered in this study. Indian females tend to marry at an early age, according to the traditional conservative values of the society with child bearing extending practically over the entire reproductive period of life. These facts are reflected by the occurrence of many lactation related conditions. Due to conservative nature of the society females will refrain from seeking medical advice out of shyness until their disease becomes for advanced particularly in cases of carcinoma of breast. 

Studies, like the present one, carry an inherent bias in the selection of patients for surgery and biopsy by treating surgeon. Many patients with breast disease are treated by medication without resorting to surgical procedures. Other patients have cyst aspirated without a need for biopsy. Many patients were reluctant to allow examination of the breast. Thus adding another bias to the selection of the material. Out of the total 453 female patient attending outpatient department of general surgery, G S V M Medical College, Kanpur between December 2017 to October 2019, the incidence of benign breast disease was 44.15%. Bagale et al a study of north Maharashtra noted 78.52% cases of benign breast lesions while 71.15% was noted by pudale et al. A study of south Maharashtra and 70% benign breast lesions were noted by Kumar et al a study of east Maharashtra. Rasheed et al noted 77.70% of benign breast lesions in north India and 70% in east India by sarma et al Age the most commonly affected age group of BBD was 21-30 years (55%) which is consistent with the study done by Pandey et al and pawan tiwari et al (2013) reported (45.87%) incidence in 21-30 years of age and pawan tiwari et al reported 72.44% in age group 10-30 years 

Breast lump is the commonest symptoms in present study, which is about 82.5%, in a study conducted by Mima maychet et al 87% of the patient present with lump, in the study of fancroft LM et al they found at 87.4% of woman who attended the Wesley breast clinic had presented breast lump while in service of ratna chaikanant T of breast lump was the presenting symptoms in 72.5% this was almost smaller in the study where 82.5% of present with complain of breast lump. The cyclical perimenstrual changes that occur in the breast are so often accompanied by discomfort that they are dubbed as normal. However, if the intensity of pain or the duration of pain interferes with the quality of woman’s life then mastalgia is placed in the category of an aberration as per the aberration in normal development and involution (ANDI) classification of benign breast diseases. In the rare instances when mastalgia is severe or resistant to treatment it is placed under the category of a disease within the ANDI framework.

This study also finds mastalgia to be a significant problem accounting for 15% of all BBD which is similar to the 15% incidence reported by Davies et al. increased awareness and cancerophobia might be responsible for the higher incidence of mastalgia in western countries compared to developing countries like India. The study also shows that cyclical mastalgia (66.66%) is more common than non-cyclical mastalgia (33.33%). In this study also the mean age of patient with both cyclical and noncyclical mastalgia falls in 2nd and 3rd decades respectively. According to the study

Figure 3: Exciside Specimen of Fibroadenoma
Benign breast diseases is a common problem in women. A lump in the breast is the commonest presentation. Breast pain and nipple discharge are the other symptoms. Most of the patients have more than one symptom. The commonest age group which is affected is the 21-30 years age group. Among the breast lumps, fibroadenoma is the commonest, followed by fibrocystic changes and breast abscesses. The other lumps are relatively uncommon. Breast pain may occur alone or in association with a lump or a nipple discharge. The incidence of cyclical pain is 9% and that of non-cyclical pain is 6%. The nipple discharge, particularly if it is serous or greenish, is harmless. The clinical diagnoses of the benign breast lumps were accurate in 91.95 % cases. The risk factors for developing invasive carcinoma in the patients with proliferative lesions were also identified and the patients were advised follow-up. Since there is no consensus on the morphologic risk markers, in future, molecular genetic markers may help in the risk stratification, which will help in a better clinical management.

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