

Study on Profile of Benign Breast Diseases at VIMS, Pawapuri

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Abstract

Background: Benign breast diseases are common cause of breast related illnesses. Proper assessment of cases is helpful in diagnosis and avoids unnecessary complications. **Subjects and Methods:** The present hospital based study was conducted upon 48 cases of benign breast illnesses to assess the clinico-aetiological profile. Background details of patients, detailed history and findings of clinical examination were recorded. **Results:** Most of the patients belonged to the age group of 21-30 years. Breast lump only was the most common presentation (62.5%), fibroadenoma was the most common cause (54.2%) and right side was most commonly involved (37.5%). **Conclusion:** Fibroadenoma is the most common cause of benign breast disease in this area.

Keywords: Benign, Breast disease.

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Introduction

Benign breast diseases are a group of non-malignant condition of breast which is common in females. It affects up to 30% of females who need to seek treatment for this condition.^[1] It is caused by heterogenous conditions including developmental abnormality, epithelial and stromal proliferation, inflammatory lesions and neoplasm. It is thought that Aberration in Normal Development and Involution (ANDI) is responsible for this condition which is the result of derangement of hormones and growth factors acting on the epithelial and stromal elements of breast. Infection to the breast may cause abscess formation.^[2]

It causes physical symptoms in terms of pain and discomfort as well as psychological problems in terms of anxiety and fear of malignancy. Assessment of benign breast diseases involves triple assessment- clinical examination, imaging and histopathological assessment.^[3]

Treatment involves careful diagnosis and conservative management of the condition. Surgery is needed in those not responding to conservative treatment or with a large tumour.

It is a common condition accounting to up to 85% of consultations due to breast conditions.^[4] Studies regarding this has not been done in this place.

Aims & objectives

The present study was conducted to find the pattern and clinical features of benign breast diseases among female patients reporting to Surgery OPD of VIMS, Pawapuri.

Subjects and Methods

The present study was cross-sectional in nature conducted at the department of Surgery, VIMS, Pawapuri. Female patients reporting to the department with complaints related to breast were included. Those with apparent malignancy and those already diagnosed with one were excluded. A total of 48 cases reporting during the data collection period were studied.

Detailed clinical history and local and systemic examination of all the cases was done. Diagnosis was made according to clinical findings and relevant investigations which included FNAC and ultrasound imaging. Conservative treatment was first tried and surgery was done when needed. Patients having benign breast diseases and inflammatory lesions were only included in this study.

Pretested proforma was used for data collection, Microsoft Excel for data entry and SPSS v 16.0 for data analysis. Data collection was done only after taking informed consent. Records were kept confidentially.

Results

Table 1: Age distribution of the study subjects.

Age group	Frequency	%	95% CI
<20	4	8.3	3.3-19.6
21-30	21	43.8	30.7-57.7
31-40	13	27.1	16.6-41
41-50	7	14.6	7.2-27.2
51-60	3	6.3	1.2-14

A total of 48 patients were included in the present study. [Table 1] shows the age distribution of study subjects. Most of the patients belonged to the age group of 21-30 years. Only 6.3% patients were above the age of 50 years.

[Table 2] shows the chief complaints of the patients. Most of the patients presented with breast lump only (62.5%). 14.6% presented with lump and pain while 16.7% had pain only. 6.3% patients suffered from nipple discharge.

Table 2: Presenting complaints of patients with breast lump.

Presenting complaints	Frequency	%	95% CI
Breast lump only	30	62.5	48.4-74.8
Breast lump +pain	7	14.6	7.2-27.2
Breast lump +nipple discharge	2	4.2	1.2-14
Breast pain only	8	16.7	8.7-29.6
Nipple discharge only	1	2.1	0.4-10.9

[Table 3] shows the diagnosis of breast lump. Fibroadenoma was present in 54.2% patients while 27.2% had fibroadenosis. 6.3% had breast abscess also.

Table 3: Diagnosis of breast lump

Diagnosis	Frequency	%	95% CI
Fibroadenoma	26	54.2	40.1-68.3 %
Fibroadenosis	13	27.1	16.6-41
Breast abscess	3	6.3	1.2-14
Mastitis	3	6.3	0.4-10.9
Duct ectasia	2	4.2	0.4-10.9
Galactocoele	1	2.1	0.4-10.9

[Table 4] shows the side of breast involved. Right side was involved in 37.5%, left side in 33.3% and 29.2% had involvement of both sides. Table-5 shows the details of breast quadrant involved. Upper outer quadrant was involved in about one-third of the cases (62.5%).

Table-4: Side of breast involved

Side	Frequency	%	95% CI
Right	18	37.5	25.2-51.6
Left	16	33.3	21.7-47.5
Both	14	29.2	18.2-43.2

Table-5: Involvement of quadrant of breast

Quadrant of breast involved	Frequency	%	95% CI
Upper Outer	30	62.5	48.4-74.8
Upper Inner	5	10.4	4.5-22.2
Lower Outer	4	8.3	3.3-19.6
Lower Inner	2	4.2	1.2-14
Central	6	12.5	5.9-24.7

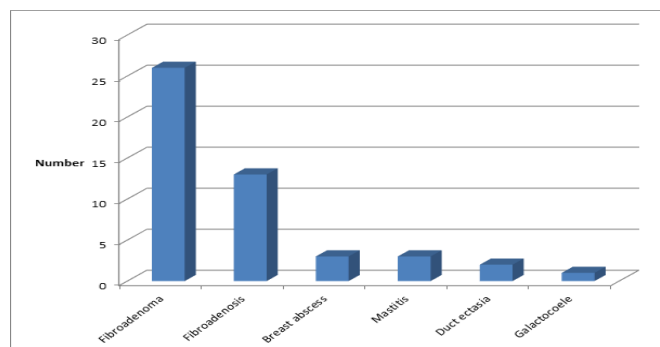


Chart-1 showing diagnosis in benign breast diseases

Discussion

A total of 48 patients of benign breast diseases were included. The most common age group in the present study was 21-30 years (43.8%). 6.3% patients were above the age of 50 years. Hatim et al found that 43% patients were in the age group of 21-30 years while only 3.2% were above 50 years.^[5] Chauhan et al observed that benign breast disease was commonest 21-30 years age group (46.7%) while Karki et al reported that 67% patients were in age group of 21-40 years.^[6,7] Most commonly affected age group of benign breast disease was 21-30 yrs in the study done by Lakshmi et al also.^[8] In the study done by Kumar et al, fibroadenoma was more commonly seen in age group of 11-30 years constituting 74.3% of all cases followed by 18.1% cases in age group of 31-40 years.^[9]

Most of the patients complained of only breast lump (62.5%). 14.6% had lump and pain while 16.7% had pain only. Nipple discharge was seen in 6.3% patients. Hatim et al observed that 76.2% cases presented with painless lump while rest with painful lump.^[5] Karki et al found that the commonest presentation was pain (45%), followed by lump (26%).^[7]

The diagnosis was fibroadenoma in 54.2%, fibroadenosis in 27.2% and breast abscess in 6.3%. In the study done by Hatim et al, the commonest benign breast lesion was fibroadenoma (77.62%), followed by fibrocystic disease (4.3%) and gynaecomastia (4.3%). Lakshmi et al noted that fibroadenoma was the most common benign breast disease (52.85%), followed by fibrocystic disease (25.71%), cystosarcoma phyllods, galactocoele, traumatic fat necrosis, lipoma, ductal ectasia and tubular adenoma.^[5] Chauhan et al reported that 63.80% patients presented with breast lumps and fibroadenoma, accounted for 46.66% of the cases, which was the highest number of patients.^[6] Karki et al noted that fibroadenoma accounted for 46% cases.^[7]

Right side was involved in 37.5%, left side in 33.3% and 29.2% had involvement of both sides. Upper outer quadrant was involved in about one-third of the cases (62.5%) and upper inner in 10.4%. Central quadrant was involved in 12.5% cases. Lump in the left breast was seen in 48% followed by right breast in 45% and bilateral fibroadenoma of breasts were seen in 7% in the study done by Hatim et al. Most of the cases (62%) were noted in upper outer quadrant.^[5] Lakshmi et al found that fibroadenoma occurred more on right breast (57.35%) than left breast 45.9% and bilateral involvement was seen in one case (2.70%). Fibrocystic diseases occurred more commonly in right breast (50%) than left breast (33.35%) and it was bilateral in 16.66%.^[8] Kumar et al reported that 47.63% cases had right sided breast involvement while 39.73 % had left breast involvement whereas bilateral involvement was seen in 12.63% patients.^[9] Chauhan et al found that the right breast was involved in 42.85% patients, and upper outer quadrant was most commonly involved (59.04%).^[6] Karki also found that left breast was affected in 44% of patients, right in 32% and 24% of patients had symptoms in both the breasts.^[7]

It is seen that the presentation and aetiology of benign

breast disease is similar to the trends in other areas. High degree of suspicion, proper diagnosis and management is essential in treatment of benign breast diseases.

Conclusion

It is seen that benign breast diseases are common cause of breast related morbidity in this area. Thorough investigation is helpful in correct diagnosis and proper treatment. Fibroadenoma is the most common cause and breast lump is the commonest complain.

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