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An epidemio-clinical study of benign breast diseases in rural Uttar Pradesh

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Abstract

Introduction: Benign breast diseases constitute a heterogeneous group of lesions which include developmental abnormalities, inflammatory lesions, epithelial and stromal proliferations, and neoplasms. Benign breast diseases are often considered as aberrations of normal development and involution. The increasing campaigns for breast health have increased awareness among women causing an increase in the number of cases detected.

Aim: We intended to study the epidemiology of Benign Breast diseases in Females at a tertiary care hospital.

Materials and Methods: 78 patients attending the Outpatient and Inpatient Department of Surgery at a tertiary care hospital from January 2020 to December 2021 was carried out. Various parameters such as age, sex, disease pattern, lesion types, histopathological diagnosis, and clinical diagnosis.

Results: Among all the cases, fibroadenoma (60) was the most common benign breast disease found mainly in patients who were in second and third decade of life. According to sex distribution, females were 77 and males were 1. The next commonest was fibrocystic disease (12) found in less than 40 years of age. All of our patients presented with lump in the breast, 57 on right side, 18 on left side and 03 bilateral. Lump breast was the main presentation in all (100%) of our patients.

Conclusions: Epidemiology of benign breast diseases still remains the same when analyzed with a past and recent study on benign breast diseases.

Keywords: aberrations in the normal development and involution, fibroadenoma, benign breast disease, FNAC, Mastalgia

Introduction

It has been noted that noncancerous pathology of the breast has always been neglected, compared to breast cancer in spite of the fact that benign conditions account for 90% of the clinical presentation related to the breast. About 5-55% of all women suffer from breast disorders in their life time. Benign disorders of the breast is usually seen in the reproductive period of life, is thought to be largely hormone induced and there is a dramatic fall in the incidence, after menopause due to cessation of clinical ovarian stimulation. Benign breast disease is 4-5 times more common than breast cancer. The concept of ANDI-Aberrations of Normal Development and Involution is gaining acceptance. ANDI, first proposed by Hughes is now universally accepted. This concept allows conditions of the breast to be mapped between normality, through benign disorders to benign breast disease. The clinician should clearly differentiate between benign and malignant conditions of the breast, and reassure the patients after serious pathology is excluded, as it has a major psychological effect on them.

Methods

The source of the material for the study is from the patients attending surgical outpatient department and inpatients of the surgical wards at a Tertiary Hospital between January 2020 and December 2021, 78 cases were studied. Informed valid consent was taken. Departmental Clearance was done.

Inclusion Criteria:

Patients with complaints of pain in the breast associated with lump or nodularity in the breast. Presence of lump in the breast, Nipple discharge.

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Exclusion Criteria

Acute lactating breast abscess. Biopsy proven malignancy of the breast lump.

Mode of Selection of Cases

Screening of cases by clinical examination in OPD and by advising appropriate investigations. Patients were studied and analyzed in detail, with regard to; History Clinical Examination FNAC Ultrasound/Mammogram (in certain cases only).

Based on the provisional diagnosis, patients were subjected to surgery which was usually excision or incision and drainage as the case required. Preoperative preparation was done by giving prophylactic single dose of antibiotic in non-infected cases. Cases were again analyzed based on: Operative findings Histopathological findings. Post operative course and outcome. Patients were followed up for a maximum period of 1 year to detect any recurrence.

Results

The study included clinically diagnosed 78 cases of benign breast lesions belonging to age group ranging from 11-80 years. Maximum numbers of patients were in the age group of 21-30 years (Table 1).

Table 1: Age Group

Age group	Number of patients
11-20	24
21-30	35
31-40	17
41-50	2
51-60	0
61-70	0
71-80	0
Total Number Of Patient	78

According to sex distribution, females were 77 and males were 1 (Table 2).

Table 2: Sex Distribution

According to sex distribution	Number of patients
Female Patient	77
Male Patient	01
Total Number Of Patient	78

Patients presented with different types of symptoms such as patients with breast lump were 68, with breast pain 5, and 3 cases with nipple discharge (Table 3).

Table 3: Symptoms

Patients presented with different types of symptoms	Number of patients
Patient with breast lump	68
Patient with breast pain	05
Patient with breast lump and pain both	02
Patient with nipple discharge	03
Total number of patients	78

The commonest presentation was breast lump out of which 68 had only breast lump while 8 had associated complaints like breast pain and nipple discharge. More than one symptom was present for the same patient.

About 57 patients had lesion on right side, 18 on left side and 03 bilateral (Table 4).

Table 4: Side

According to side of lesion	Number of patient
Right Side	57
Left Side	18
Bilateral	03
Total number of patients	78

Fibroadenoma formed 60 cases with fibroadenosis 12 and breast abscess 2 cases, galactocele 1 case (Table 5).

Table 5: Diagnosis

Diagnosis	Number of patients
Fibroadenoma	60
Fibroadenosis	12
Breast Abscess	2
Galactocele	1
Mastitis	1
Duct ectasia	2
Total number of patients	78

Of the 78 patients 63 patients were operated (Table 6).

Table 6: Treatment

Treatment basis	Number of patients
Operated Case	63
Non operated Case	15
Total number of patients	78

Discussion

Benign breast diseases include a heterogeneous group of conditions which range from normal, to aberrations in the physiology, to frank disease. The patients of BBDs generally present with one or more of these complaints – breast lump, breast pain or nipple discharge. It has been recommended that all the patients with discrete breast lumps should undergo a triple assessment to make an early diagnosis. By this approach, we provided the diagnoses of most of the benign breast conditions within 72 hours of the initial consultation.

In the study of Foncroft LM *et al.* [1], they found that 87.4% of the women who attended the Wesley Breast Clinic had presented with breast lumps, while in the series of Ratanachaikamont T [2], breast lump was the presenting symptom in 72.35% of the 331 benign breast patients. The corresponding figure for our study was 100%. Fibroadenomas accounted for majority of the benign breast lumps in our study. Our finding was in agreement with most of the available literature on benign breast lumps [3].

FNAC was the quickest and the most reliable method which helped in making the diagnoses of the breast lumps. Fibrocystic changes were the next common condition in our study and a majority of the patients belonged to the 3rd and 4th decades. The incidence varies geographically. Many authors like Adesunkanmi AR and Agbakwuru EA, and Ihekwa FN found that the incidence of the fibrocystic changes ranged from 29.5-42.2% for the benign breast lumps [4]. We had a slightly smaller figure. The mean age at presentation was 26.4 years. In the age group of 21-30 years, there were 35 patients. This was almost similar to the study done by Navneet Kaur *et al.* [5].

The treatment of the nipple discharge must be done first, to exclude carcinoma on occult blood test and cytology. A simple reassurance may then be sufficient, but if the discharge is proving to be intolerable, an operation must be done to remove the affected duct or ducts.

A total excision of 2 cases of duct ectasia was done. Incision and drainage was done in 2 cases of breast abscesses. The incidence of benign breast diseases begins to rise in the 2nd decade and it peaks in the 3rd decade as compared to the malignant lesions, for which the incidence continues to rise after menopause^[6-7]. Excision was the commonest mode of treatment in all cases. Incision and Drainage was done in 2 case of Breast Abscesses.

Conclusion

A benign breast disease 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 causes of lumps are relatively uncommon. Breast pain may occur alone or in association with a lump or a nipple discharge. FNAC has become a routine test in evaluating the breast lesion, either benign or malignant. Surgery is the definite modality of treatment. Though conservative treatment is preferred in fibro adenosis excision of painful lumps give relief to the patients' symptoms.

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