



## COMPARISON OF BREAST LUMPS IN PRE-AND POST-MENOPAUSAL WOMEN

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**ABSTRACT**

Around 30% of women will suffer from benign breast disorder in their lifetime, whereas only 5-10% of breast swellings will be malignant. Breast. To determine the most common among those Breast. To determine the most common among those benign and malignant breast lumps. To determine the prevalent age group for Carcinoma. To determine the prevalent age group for Carc This study has been taken place in Department of General Surgery of MIMS Nellimarla, FROM Jan 2023 to Jan 2024. Including a total of 40 patients To compare breast lumps in Pre- and Post-menopausal women This study aided in early detection and treatment of Ca breast, It was useful in identifying the histological type of CA breast thereby allowing to detect multicentric and multifocal lesions in the same or opposite breast.

**KEYWORDS :** benign and malignant breast lumps, Pre- and Post- menopausal women

**INTRODUCTION**

A breast lump - clinically palpable mass of tissue in the breast, which is either a malignant or benign condition.

Around 30% of women will suffer from benign breast disorder in their lifetime, whereas only 5-10% of breast swellings will be malignant.

Perimenopause (40-55 years); during this period, there is reabsorption of the breast fat and atrophy of the glands. Ultimately the breast become flat and pendulous.

Menopause by itself is not associated with increased risk of breast cancer, but the rate does increase with age and use of drugs for menopausal symptoms. Evidence suggests that more prolonged exposure to female hormones will more likely lead to breast cancer.

Triple Assessment is done. In younger woman, USG of the breast is done, while mammogram is done in older woman as a screening investigation.

**AIMS & OBJECTIVES:****AIM OF THE STUDY:**

To compare breast lumps in Pre- and Post- menopausal women

**OBJECTIVES:**

To determine and identify malignant and benign breast lumps in women with relation to menopause.

To determine the most common among those benign and malignant breast lumps.

To determine the prevalent age group for Carcinoma Breast.

**Patients & Method:**

Prospective study

40 patients, OPD

Jan '19 - Jun '20 = 18 M

Inclusion : Age 40-55 yrs

Exclusion : Artificial menopause, use of OCP/ hormonal therapy

**Triple Assmt:**

Post op : HPE

Statistics (n=40)

Groups:

Pre-menopausal (20): Benign(Group1)  
Malignant(Group2)

Post-menopausal (20): Benign(Group3)  
Malignant(Group4)

**Operated = 27**

Observation (n=40)

**Clinical :**

26 Benign

14 Malignant

**USG:**

30 Benign (3 turned malignant on HPE)

10 Malignant

**Benign : Malignant = 27 : 13**



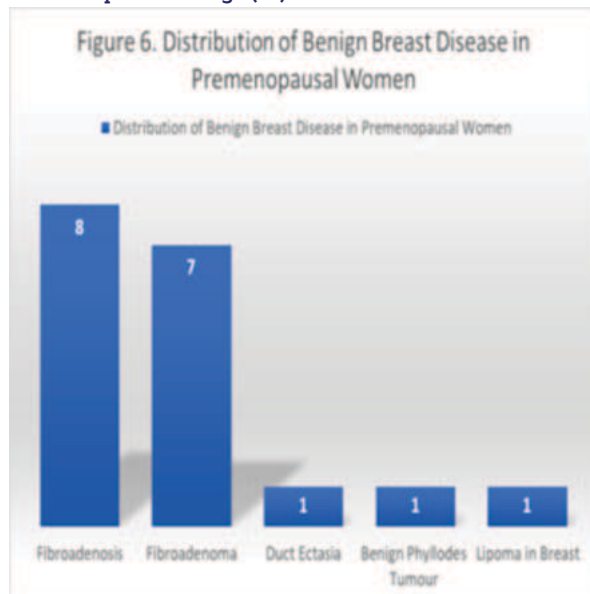
**Pre-menopausal**  
18 = Benign  
2 = Malignant



**Post-menopausal**  
9 = Benign  
11 = Malignant



**Pre-menopausal Benign (18)**



**Pre-menopausal Malignant (2)**

**Figure 7. Distribution of Malignant Breast Disease in Premenopausal Women**

■ Distribution of Malignant Breast Disease in Premenopausal Women



Invasive Ductal Carcinoma

**Postmenopausal Benign (9)**

**Figure 8. Distribution of Benign Breast Disease in Postmenopausal Women**

■ Distribution of Benign Breast Disease in Postmenopausal Women



Fibroadenosis

Fibroadenoma

Duct Ectasia

**Postmenopausal Malignant (11)**

**Figure 9. Distribution of Malignant Breast Disease in Premenopausal Women**

■ Distribution of Malignant Breast Disease in Premenopausal Women



Invasive Ductal Carcinoma

Invasive Lobular Carcinoma

## DISCUSSION:

All patients included in the study, came with a complaint of lump in the breast, few patients had pain associated with the lump. In most of the patients, the lump was present in the

upper outer quadrant of breast.

- Out of the total 40 patients studied :  
68% of the patients had a benign disease.  
32% of women had malignant disease.
- In premenopausal women :  
90% - benign disease  
10% - malignant breast disease.
- In postmenopausal women :  
45% - benign breast disease  
55 % -malignant breast disease.

This study helped in early detection and treatment of breast carcinoma. It was helpful in identifying the histological type of carcinoma breast and, thereby allowing to detect multicentric and multifocal lesions in the same or opposite breast.

**Risk Factors for Specific Histopathological Types of Postmenopausal Breast Cancer in the NIH-AARP Diet and Health Study.** Sarah J. Nyante Cher M. Dallal Gretchen L. Gierach Yikyung Park Albert R. Hollenbeck Louise A. Brinton. The most common histological types are ductal (70%–75% of tumours), lobular (8%), and mixed ductal-lobular (7%–11%).

#### CONCLUSION:

- Most common breast diseases were fibroadenosis, fibroadenoma and invasive ductal carcinoma.
- Malignant breast disease is more common in postmenopausal women (84.6% of malignant cases).
- Benign disease is more common in premenopausal women (66.66% of all benign cases).

#### In Premenopausal Women,

The most common benign breast disease is fibroadenosis (9 cases).

#### In Postmenopausal Women:

most common benign breast disease - fibroadenosis (4 patients).

most common malignant breast disease - Invasive ductal carcinoma breast NST (76.9% of malignant breast diseases)

- This study was consistent with statistics in the general population in India, both in premenopausal and postmenopausal women.
- This study aided in early detection and treatment of Ca breast, It was useful in identifying the histological type of CA breast thereby allowing to detect multicentric and multifocal lesions in the same or opposite breast.

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