



Tubular Adenoma Co-Existing With Fibroadenoma : A Rare Case Report

KEYWORDS

tubular adenoma, fibroadenoma, breast lump

Dr. Sumanlata Verma

Professor G.S.V.M Medical college ,
Kanpur , Corresponding author

Dr . Poorvi Mathur

Junior resident G.S.V.M Medical
college, Kanpur

Dr. Pratishtha Rastogi

Junior resident G.S.V.M Medical
college , Kanpur

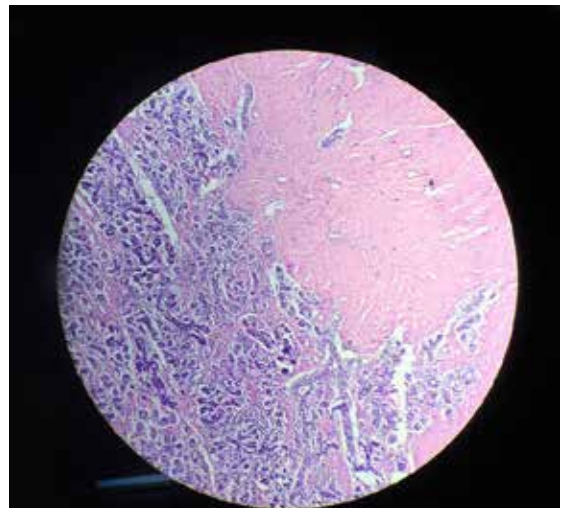
ABSTRACT Tubular adenomas, also termed pure adenomas, are rare benign tumors of the breast often found in young women . Grossly, tubular adenomas appear as circumscribed masses. Microscopically, they contain closely approximated tubular structures that vary little in size. We report herein a case of a 21 year old female who underwent an excisional biopsy for a well-circumscribed lump in her breast. Fine needle aspiration cytology findings were suggestive of fibroadenoma breast. Radiological findings were also consistent with fibroadenoma breast .On histopathology , the lump contained 2 histological patterns, namely, fibroadenoma and tubular adenoma. These patterns had no transitional zone, were distinct and changed abruptly. This case was histologically diagnosed as "a fibroadenoma with tubular adenoma of the breast

INTRODUCTION

Tubular adenoma is a rare benign epithelial tumor of the breast accounting for 0.13 - 1.7% of benign breast lesions [1]. It was first described as a distinctive entity in 1968 by Persaud et al. [2]. The first case of tubular adenoma of the breast studied by aspiration cytology and light and electron microscopy was reported by Moross et al in 1983 [3]. Few cases have been reported in the literature especially in young women of reproductive age [4]. The clinical and imaging features of tubular breast adenomas are similar to those of fibroadenomas [1], thus making preoperative diagnosis very difficult. In most cases surgical excision is required to establish a definitive diagnosis. We herein describe a rare case of a gradually enlarging breast lump with two histological patterns co-existing ,fibroadenoma with tubular adenoma in a 21 year old female.

CASE REPORT

A 21-year-old woman presented to our surgery opd , complaining of a gradually enlarging palpable mass in the right upper quadrant of her right breast, that she first noticed 3 months ago. She had then undergone an ultrasonography , which showed a mass measuring 2.5 × 2 cm with imaging features suggestive of a fibroadenoma. On physical examination, a non-tender, mobile well-circumscribed mass measuring approximately 2.5 cm × 2 cm was palpated right upper quadrant of her right breast. There were no skin alterations or nipple discharge whereas there were no palpable axillary or supraclavicular lymph nodes. FNAC was performed and cytological findings were suggestive of fibroadenoma .Management was done by excision and tissue was sent for histopathology..On histopathology , the lump contained 2 histological patterns, namely, fibroadenoma and tubular adenoma. Figure 1 shows that these patterns had no transitional zone, were distinct and changed abruptly. This case was histologically diagnosed as "a fibroadenoma with tubular adenoma of the breast".



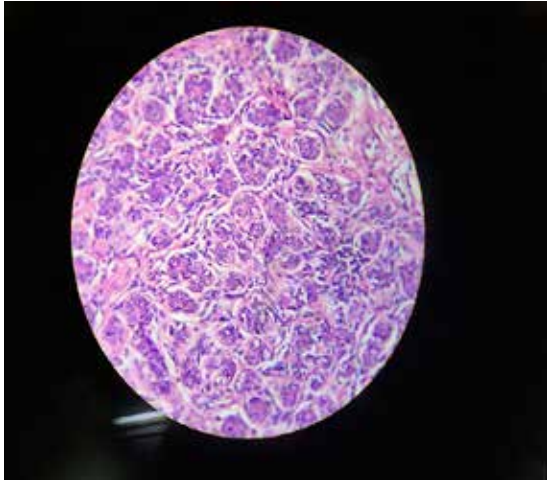
DISCUSSION

Breast adenomas are pure epithelial neoplasms[5]. Tubular breast adenomas or pure adenomas are rare epithelial tumors that belong to the class of adenomas [5,6]. Tubular adenomas usually represent painless freely movable well-defined breast masses without associated skin or nipple alterations [5,8] and clinically resemble fibroadenomas [7,9].

Their size varies from 1 to over 7.5 cm [9] and they may be present for 2 - 12 months before a diagnosis is made [10]. Grossly, tubular adenoma is well-circumscribed with solid homogenous to finely nodular tan yellow cut surface and firm consistency [1], and tends to be softer than fibroadenoma [7]. Tavassoli et al. [9] required for a nodule to qualify as a tubular adenoma, to be at least 1cm in size or encapsulated if smaller. Histologically, the tumor is characterized by the presence of tightly packed homogenous tubular and acinar epithelial components [Figure 2] with sparse intervening stroma on the contrary to fibroadenoma which contains a large amount of stroma [6]. Tubular lumens are small and empty but sometimes may contain eosinophilic proteinaceous material [1], as seen in our case. Focal or extensive infarction has been reported in 2.4% of

the cases [9] but hemorrhage or necrosis has not been observed.

Histologically, the differential diagnosis of tubular adenomas includes fibroadenoma, nipple adenoma, sclerosing adenosis, eccrine spiradenoma and tubular carcinoma [5].



CONCLUSION

Tubular adenomas of the breast are rare benign epithelial lesions that are most commonly found in young women of reproductive age. Preoperative diagnosis is difficult because in most cases the clinical findings and imaging features resemble fibroadenomas. Surgical excision is necessary to obtain a definitive diagnosis.

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