



A GIANT FIBROADENOMA – AN UNUSUAL CASE IN A MATURE WOMAN

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ABSTRACT **Introduction:** Common benign breast tumours called fibroadenomas are frequently observed in young patients. Giant fibroadenomas are uncommon benign lesions that are described as fibroadenomas which are >5 cm in size and are typically detected in women aged 15-25 years. Fibroadenomas typically appear as firm, movable, painless nodules with distinct boundaries. Giant fibroadenomas, which are defined as fibroadenomas larger than 5 cm in size or 500 g, are uncommon benign breast lesions that make up between 0.5% and 2% of all fibroadenomas. They typically affect women who are pregnant, nursing, or in their adolescent years.

KEYWORDS :**Case Report:**

A 38-year-old lady, who had become aware of a right breast lump seven months earlier., the lump had rapidly grown in size . She did not use hormone medication, and her menstrual periods were regular. A clinical examination revealed a 15cms x 10cms -sized movable breast lump on the exterior of the right breast, along with thickening of the skin around it, On Examination revealed a mobile lump measuring 15cms x 10cms in upper outer quadrant of right breast. Left breast and nipple were normal and there was no axillary lymphadenopathy.

Core Needle Biopsy:

Hematoxylin-eosin staining of the right breast biopsy revealed elongated cylindrical pieces, the biggest of which was 1.2 x 0.1 cm and was suggestive of an intracanalicular fibroadenoma.

Our diagnosis is confirmed by clinico radio and pathological investigations as Fibroadenoma of Right Breast

Surgical Procedure:

Under all aseptic precautions and general anesthesia, excision of fibroadenoma of the right breast was performed . The procedure was uneventful, with bleeding of approximately 200 ml. Due to the magnitude of the procedure, a tubular drain is left . After 5 days of hospitalization, the patient was discharged in good condition.



Peroperative Image

DISCUSSION:

The incidence of the stromal and epithelial components diminishes with age and is higher in young patients. It has been discovered that fibroadenoma, a benign breast mass, increases the risk of breast cancer in comparison to healthy people in the same age groups.

For the early detection and evaluation of these masses, imaging investigations are frequently performed. A non-surgical tissue biopsy, imaging, and a clinical examination are used to make a diagnosis.

Although disease assessment is the gold standard for determining the cause of a breast tumour, there are other less intrusive tests that may be

performed that will save both the patient and the healthcare system time and money.

CONCLUSION:

Fibroadenoma is a benign type lesion, with a higher incidence in young patients. In rare scenarios it may affect premenopausal women.

It is relevant to establish the appropriate diagnosis using clinico radio and pathological diagnostic aids in order to intervene early and provide quality care to the patients.

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