



A CLINICO-PATHOLOGICAL STUDY OF BENIGN BREAST DISEASES IN JLNLMCH, BHAGALPUR

General Surgery

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ABSTRACT

Aim and Objectives: Benign Breast Diseases refer to all non-malignant conditions of the breast and it received little attention in the past because most of the focus was on breast cancer, despite the fact that it constitutes majority of the presentation in breast clinics. The aim is to study the pattern of benign breast diseases in our hospital.

Materials & Methods: In this study, 80 cases of Benign Breast Diseases were taken with age group between 10-60 years. Study was done in surgery department of JLNLMCH, Bhagalpur, Bihar from January 2016 to December 2016. All cases were registered fulfilled the inclusion criteria and exclusion criteria. Results were analysed statistically.

Results: It was shown in this study that the majority of the patients were of younger age group. The common age group of benign breast diseases range from 20 years to 30 years. The commonest complaint was lump in the breast in 65 patients. Fibroadenoma are the commonest benign breast disease and fibrocystic changes form the second most common lesion. The majority of patients 70, underwent surgical treatment of which lumpectomy was the most common procedure performed. FNAC is more accurate, safe, cost effective and OPD procedure for diagnosis of benign breast disease.

Conclusions: Benign breast diseases are common in female patients and fibroadenoma is the commonest of them all. Triple assessment provided a quick diagnosis and it alleviated unnecessary anxiety from the patients about breast cancer. The clinical diagnosis of a breast lump, as confirmed by cytology and histology.

KEYWORDS:

fibroadenoma, Benign Breast Diseases, FNAC, lumpectomy

Introduction-

Benign Breast Diseases (BBDs) is a group of breast diseases which is not cancer. It is the most common cause of breast problems in females and it is more frequent than the malignant ones. In fact, it is at least 10 times more common than breast cancer in the west. Upto 30% of the women who suffer from BBDs will require treatment at some time in their lives [8]. A triple assessment which is done by a clinical examination imaging like ultrasonography (USG) or mammography and a pathological examination – FNAC or core needle biopsy, during the initial consultation, allows a majority of the patients with discrete BBDs to be given immediate reassurance. Since a majority of the benign lesions are not associated with an increased risk for subsequent breast cancer, unnecessary surgical procedures can be avoided. Making an early diagnosis and planning the treatment within 72 hours of the first consultation, helps in alleviating unnecessary anxiety about breast cancer and those BBDs patients with an increased risk of malignancy like atypical hyperplasia, are given a prompt treatment, a proper follow-up and awareness regarding the risk of breast cancer. The most comprehensive classification proposed by Hugh et al termed as Aberration of normal development and involution _ANDI_. This classification provides an overall framework of benign conditions of breast which encompass both pathogenesis and degree of abnormality. It is a bidirectional network based on fact that most benign breast diseases arise from normal physiological process. Earlier it was labeled as fibroadenosis of breast in which patient presenting nodularity and breast lump were usually subjected to a biopsy. In fact, if breast nodularity is due to normal physiology and histological changes, it is not put on a high risk for breast cancer most of time, but some of the presentations have atypical proliferative changes which are associated with an increased risk for breast cancer.

Materials and methods

In this study, 80 cases of Benign Breast Diseases were taken with age group between 10-60 years. Study was done in surgery department of JLNLMCH, Bhagalpur, Bihar from January 2016 to December 2016. All cases were registered fulfilled the inclusion criteria and exclusion criteria. Results were analysed statistically.

Inclusion criteria

Female patients with any benign diseases of the breast- for example a breast lump, breast pain or a nipple discharge were included in this study.

Exclusion criteria

Women with any obvious malignant diseases or those who had been treated for malignancy earlier or operated were excluded in this study.

Results

It was shown in this study that the majority of the patients were of younger age group. The common age group of benign breast diseases range from 20 years to 30 years. The commonest complaint was lump in the breast in 65 patients.

Complaint	Number of patients
Breast lump	52
Nodularity of breast	11
Breast pain	16
Nipple discharge	01

Fibroadenoma are the commonest benign breast disease and fibrocystic changes form the second most common lesion.

Diagnosis	Number of patients
Fibroadenoma	48
Fibroadenosis	12
Breast abscess	05
Mastalgia	09
Phyllodes tumour	02
Galactocele	02
Antibioma	01
Duct papilloma	01

The majority of patients, underwent surgical treatment of which lumpectomy was the most common procedure performed. FNAC is more accurate, safe, cost effective and OPD procedure for diagnosis of benign breast disease.

Discussion

Benign breast diseases include a heterogeneous group of conditions which range from normal, to aberrations in the physiology, to frank disease. Globally, benign lesions of breast are the most common lesions which accounts for 90% of the clinical presentation related to breast. 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., they found that 87.4% of the women who attended the Wesley Breast Clinic had presented with breast lumps, while in the series of Ratana Chaikanont T, a breast lump was the presenting symptom in 72.35% of the 331 benign breast patients. Fibroadnomas usually present as solitary, firm, rubbery and non-tender lumps. FNAC was the quickest and the most reliable method which helped in making the diagnosis of benign breast diseases. Our finding was in agreement with most of the available literature on benign breast diseases.

Conclusion

Benign breast diseases are common in female patients and fibroadenoma is the commonest of them all. Triple assessment provided a quick diagnosis and it alleviated unnecessary anxiety from the patients about breast cancer. The clinical diagnosis of a breast lump, as confirmed by cytology and histology.

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