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PATTERNS AND PREVALENCE OF BENIGN BREAST DISEASE IN PATNA,INDIA.

Pathology

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ABSTRACT

Background: Breast lesions can be of various types from inflammatory to benign to malignant.Some lesions are common in young females while others are common in elderly age . The study aim is to findout the prevalence of inflammatory, benign and malignant breast lesions and age related pattern of presentation of patients with various breast lesions.

Methods: This study of 100cases of breast lump was carried out in the Departments of Pathology &Radiology, at tertiary care hospital of India from August2014 to August2016.

Results: Out of 100 breast lumps,92% were found in females and 8% were found in males. 80% were benign.Commonest benign breast lesion was fibroadenoma (34%), followed by fibrocystic disease(22%) and gynaecomastia(5%).

Conclusions: Fibroadenoma is the most common benign breast disease. Commonest age group of breast lump presentation is 31 to 40 years. FNAC plays important role in diagnosis.

KEYWORDS

Introduction:

Benign breast diseases constitute a heterogeneous group of disorders including developmental abnormality, epithelial and stromal proliferation, inflammatory lesions and neoplasm. It is the most common cause of breast problems in females and it is 10 times more common than breast cancer in the western world. [1] Benign breast lesions deserve attention because of their high prevalence, their impact on women's life and due to cancerous potential of some histological types. [2] Treatment of Benign breast diseases is preservation of breast tissue as far as possible in contrast to traumatizing mutilating surgeries in breast cancers. Hence awareness regarding terminologies of benign breast diseases should be there amongst general population and clinicians. Aim of the study is to find out the prevalence of inflammatory, benign and malignant breast lesions and age related pattern of presentation of patients with various breast lesions.

Methodology:

This study of 100 cases of breast lesions was carried out in the Department of Pathology and department of Radiology at tertiary care hospital in a metropolitan city of India from August 2014 to August 2016. This study is approved by ethical committee. Informed consent was taken from study participants. Detailed clinical data were noted as per the proforma with emphasis on history, physical examination and relevant investigations. All patients in the study underwent direct and ultrasound guided F.N.A.C. Breast lesions were categorised as per cytological examination.

Results and Discussion:

In the present study 100 breast lump referred from surgical, gynaecological, skin and various departments were taken into study. Among them, 18 had carcinoma breast and remaining 80 had benign breast disease and 2 were inconclusive.

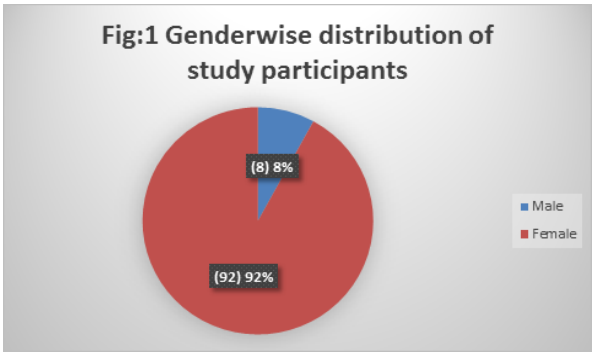

Figure 1 shows genderwise distribution of study participants. Out of 100, 92(92%) were females and 8(8%) were males.

Kanpurwala Shaheen Hatim et al [3] conducted a study in western India in which they found that out of 210 breast lesions, 201 (95.7%) were found in females and 9 (4.3%) were found in males.

S. R. Chandak et al [4] conducted a study on breast diseases in which they have got all 50 cases of females.

Olu-Eddo AN et al [5] conducted a study in Africa on patients of benign breast diseases. The female to male ratio was 28.6:1. Present study findings are similar to above mentioned studies.

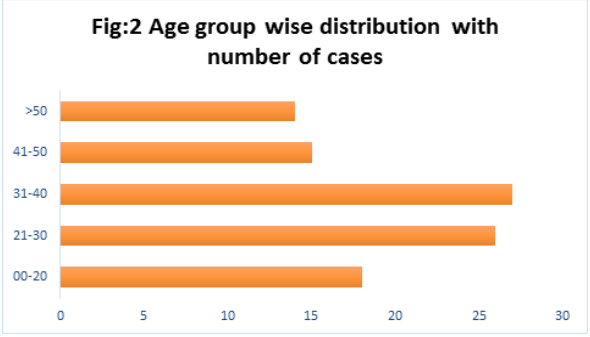

Figure 2 shows age group wise distribution of study participants. Majority of the patients in this study were of 4th to 5th decade of life . The youngest patient was of 14 year old and oldest patient was 70 year old in this study. Data shows majority of breast lump cases develop in reproductive age group. 26 cases in 21to 30 years age group and 27 cases in 31 to 40 years age group.All the patients had mass in the breast detected clinically in majority of them. Of them 40 patients had pain along with lump.

Kanpurwala Shaheen Hatim et al [3] conducted a study in western India in which they found that Majority of patients were between 50-60 years (3 cases) followed by 21-30 years (2 cases) and 31-40 years (2cases). The youngest patient was 21 years old and the oldest 60 years.

Savita Bharat Jain et al [6] conducted a stdy in India in which the youngest patient included in the study was 14 years old (fibroadenoma) and the oldest was 81 years old (ductal carcinoma).The largest number of cancer breast was found in 41-45 year age group accounting for 6 (30%) cases.

Mima Maychet B. Sangma et al [7] conducted a study in Ponducherry India in which the ages of the patients with BBDs ranged from 8 years to 68 years. The mean age at presentation was 28.4 years. 45 patients were in the age group of 21-30 years. The youngest was a 6 years old girl and The oldest was a 68 years old.

Present study findings are similar to above mentioned studies.

Table: 1 Number of different benign tumors in the study

NEOPLASTIC	39	NON NEOPLASTIC	41
FIBROADENOMA	34	ACUTE MASTITIS	2
INTRA DUCTAL PAPILLOMA	0	MAMMARY DUCT ECTASIA	2
GYNECOMASTIA	5	GALACTOCELE	1
		FAT NECROSIS	2
		NON PROLIFERATIVE FIBROCYSTIC DISEASE OF BREAST	22
		PROLIFERATIVE DISEASE WITHOUT ATYPIA	4
		ATYPICAL HYPERPLASIA	0
		FIBROADENOSIS	3
		EPIDERMAL KERATIN CYST	2
		BREAST ABSCESS	3

Table 1 is showing number of different benign tumors we got in the study.Out of 80 benign breast tumours 39 were neoplastic and 41 were non neoplastic tumours. Fibroadenoma constitute 34(42.5%) most common benign breast tumour followed by fibrocystic disease 22(27.5%) and gynecomastia5(6.25%).

Kanpurwala Shaheen Hatim et al [3] conducted a study in western India in which they found that Commonest benign breast lesion was fibroadenoma (77.62%), followed by fibrocystic disease (4.3%) and gynaecomastia (4.3%).

Savita Bharat Jain et al [6] conducted a stdy in India in which among the benign breast disease fibroadenoma was most common accounting for 57% of total cases followed by 9 (9%) fibroadenosis, 2 (2%) lactating adenoma, 1(1%) duct papilloma, 1(1%) mastitis, 1 (1%) apocrine carcinoma, 1(1%) atypical ductal hyperplasia, 1(1%) lipoma.

Mima Maychet B. Sangma et al [7] conducted a study in Ponducherry India in which they found most common benign breast disease was fibroadenoma accounting for 48% Fibrocystic changes and breast abscesses came next with 18% and 12% cases.

Present study findings are consistent with above mentioned studies.

Conclusion:

Breast self-examination and health education to females is very important in cases of benign breast disease. Fibroadenoma (42.5%) is the most common benign breast disease. Most common age group for benign breast diseases are reproductive age group from 21 to 40 years of age. FNAC plays important role in the diagnosis.

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