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CLINICOPATHOLOGICAL EVALUATION OF BREAST LUMPS IN PATIENTS PRESENTING IN SURGICAL OPD OF A TERTIARY HOSPITAL AND MEDICAL COLLEGE IN FIROZABAD, UTTAR PRADESH.

General Surgery

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ABSTRACT

Breast lumps,lumpiness and mastalgia are one of the the most common presentations in the surgical out patient department. This study aims to evaluate the incidence of different breast disorders i.e benign,malignant or inflammatory in patients coming to the surgical out patient department based on clinical findings and pathological correlation. Hundred patients were analysed by FNAC after clinical examination and history taking in the OPD of ASMC and hospital Firozabad, Uttar Pradesh.Out of hundred cases analysed 86 were benign,6 were malignant and 8 were inflammatory. Amoung the benign breast disorders fibroadenosis/fibrocystic disease were the commonest, followed by fibroadenoma of the breast.

KEYWORDS

Breast lumps,Lumpiness,Mastalgia,OPD,FNAC

INTRODUCTION

Patients with breast disorders usually present with mastalgia, lump or lumpiness in the surgical out patient department. These may be benign, malignant or inflammatory conditions.Benign breast lesions deserve attention because of their increased prevalence and impact on the patient's life and progression to cancer in some cases.4.These are a common problem in developing countries.5 After clinical examination Fine Needle Aspiration Cytology is done to assess these patients. Benign breast conditions account for as much as 90 percent of clinical presentations related to the breast1.Of all the breast disorders in women, palpable breast lump is the second most common presentation, the first being pain2. FNAC has highest sensitivity,specificity and positive predictive value in diagnosing breast lumps. Fibroadenoma of the breast is the most common cause of benign breast lumps in premenopausal women3. In Indian rural population benign breast diseases are 5 to 10 times more common than breast cancers.6 Hence early diagnosis and management is essential to reassure and reduce anxiety of the patients having benign breast lesions.

MATERIAL AND METHODS

The present study was done in the department of surgery ,ASMC and hospital,Firozabad,Uttarpradesh. A total of hundred cases with breast symptamatology coming to the out patient department were analysed by clinical examination, ultrasonography and FNAC over a period of 7 months from July 2019 to January 2020. All patients with mastalgia, breast lumps, lumpiness or nipple discharge were included in the study. The data collected was analysed.

RESULTS

The present study included 100 patients who presented with mastalgia , lumpiness, breast lumps or nipple discharge. All patients underwent FNAC . 99 patients (99 percent)were females while one patient (1 percent) was male. The youngest patient was 11 years old .The oldest patient was 80 years old. Benign breast lesions were the commonest(86 percent), followed by inflammatory(8 percent) and malignancy(6 percent).Amoung the benign lesions fibroadenoma was the commonest(48 cases),followed by fibroadenosis/fibrocystic disease(32 cases), lipoma(5 cases) and gynaecomastia(1 case). Fibroadenosis/fibrocystic disease was most common between 20 years to 40 years of age. Fibroadenoma was most common between 11 to 20 years of age. Malignancy was found after 30 years of age. Mastitis was more common between 20 to 30 years of age. Single male patient had gynaecomastia.

Table-1 FNAC Findings

LESION	NUMBER OF CASES
Fibroadenoma	48
Fibroadenosis/fibrocystic disease	32
Mastitis	8
Malignancy	6
Lipoma	5
Gynaecomstia	1

Table-2 Age Wise Distribution(in Years)

LESION	11-20	21-30	31-40	41-50	51-60	61-70	71-80
Fibroadenoma	26	17	4		1		
Fibroadenosis/fibrocystic disease	5	12	10	5			
Mastitis	2	3	1	2			
Malignancy			3		2	1	
Lipoma	1	1	2				1
Gynaecomastia	1						

DISCUSSION

Breast symptomatology i.e mastalgia, lump, lumpiness or nipple discharge are one of the common cause of presentation in the surgical out patient department. Most of the patients are anxious to rule out malignancy. So it is necessary to come to a diagnosis as soon as possible after clinical examination , radiological examination and FNAC or histopathological evalualion if needed.Breast diseases are common in women because estrogen cyclically stimulates breast development during their reproductive life,while in men the breast remains largely poorly developed providing formidable anti-neoplastic resistance 7. Fibroadenoma was found to be the single most common lesion in our study similar to other studies.4,8,9,10,11.The incidence of malignant lesions was 6 percent in our study.Incidence of malignancy is relatively lower in developing countries and other parts of the globe in comparison to western population.12,13

CONCLUSION

Breast disease awareness requires breast self examination and health education. More and more patients present to the surgical OPD with breast disorders now-a-days due to increased awareness in the common population and also due to fear of breast malignancy. Triple assessment with clinical examination, ultrasonographic or mammographic examination and FNAC or histopathological diagnosis can surely allivate the anxiety of most patients who have benign lesions which is succcessfuly done in most centers including ours as most of the lesions are benign especially in the developing countries.

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