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TO STUDY THE CLINICO-PATHOLOGICAL CORRELATION OF BENIGN BREAST DISEASES IN TRIBAL REGION OF SOUTHERN RAJASTHAN

General Surgery

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ABSTRACT

Background: Benign Breast Disease are growing public awareness and have increased referral to hospitals, clinics for breast symptoms and are 10 times more common than malignant disease. The overall objective is to compare age distributions, mode of clinical presentations, side of lesion and two evoulate the various treatment management of Disease. **Methods:** A prospective observation study conducted at RNT medical College Udaipur with 60 patients. Detailed clinical history and examination done and compared with result obtained. **Result:** Out of 60 patient most common was fibroadenoma which was 48 percentage and mostly managed surgery, followed by fibroadenosis mostly managed conservatively. In study Most common age group was 21 to 30 years. Benign breast disease was common problem in female of reproductive age group. **Conclusion:** Benign Breast disease is common problem of reproductive age group in which fibroadenoma and fibroadenosis is most common.

KEYWORDS

Benign Breast Disease, Clinicopathological correlation, Fibroadenoma

INTRODUCTION

The breast is one of two prominences located on the upper ventral region of a primate's torso. At puberty, estrogens, in conjunction with growth hormone, cause breast development in female humans and to a much lesser extent in other primates.

Breast is a dynamic structure, which undergoes changes throughout women's reproductive life, and superimposed on this, cyclical changes throughout the menstrual cycle. The pathogenesis involves disturbance in the breast physiology extending from an extreme normality to well defined disease processes.[1]

Benign breast diseases are common disorder, about 30% of women will suffer from benign breast diseases in their life and thus will requiring treatment at sometimes in their lifes.[1]. Growing public awareness have increased referrals to hospital clinics for breast symptoms and currently malignant to benign ratio of 1 : 10 are being seen in breast clinic.[2]

During the past decade there been an increasing interest in Benign Breast Disease for the reasons like its high incidence, patients demanding investigations and treatment for symptoms of diseases.

Breast complaints are one of the most common reasons for surgical consultation. The majority ultimately proves to have a benign origin.[3]

This clinico-pathological study of benign breast diseases which include 60 cases, where all possible attempts to study the various aspects of the diseases and its management have been made, excluding inflammatory breast diseases, gynaecomastia and carcinoma of breast.

METHODS

Aim & Objective

The aim of study was to determine overall spectrum of benign breast disease attending in Tertiary healthcare systems in South Rajasthan and correlate with age distributions , presentations , side of lesions and various treatment modalities.

Methodology

A total of 60 cases of benign breast disease belonging to Southern Rajasthan getting admitted in Patient Department in MB Hospital [RNT Medical College] during September 2023 to May 2024 was selected. IEC approval was taken , before starting the study.

Study Type

Cohorot study

Study Place

MB Hospital (RNT Medical College and attached hospitals), Udaipur

Inculsion Criteria

Female Patient more than 12 years of age with complain of Lump , pain in Breast, nipple discharge .

Exculsion Criteria

CA Breast, Female below 12 years and all Male Breast disorders .

RESULTS

In our study 60 cases were selected in which most common benign Breast disease was fibroadenoma which is nearly half of populations 48% , and next common was fibroadenosis.

Table1 : Types Of Benign Breast Diseases During The Study

Type	No. of Cases	Percentage(%)
Fibroadenoma	29	48
Fibroadenosis	18	30
Galactocele	4	7
Traumatic Fat Necrosis	3	5
Benign Breast Cyst	2	3
Cystosarcoma Phyllodes	3	5
Duct Ectasia	1	2
Total	**100**	**100**

Most common age group of presentation is 2nd decade whether it is fibroadenoma or fibroadenosis

Table 2 : Age-wise Distribution Of Various Benign Breast Disorders

Type	AGE (years)				Total
	<20	21 - 30	31-40	41 - 50	
Fibroadenoma	9	14	5	1	29
Fibroadenosis	3	11	3	1	18
Galactocele	0	3	1	0	4
Traumatic Fat Necrosis	0	1	2	0	3
Benign Breast Cyst	0	1	1	0	2
Cystosarcoma Phyllodes	0	0	1	2	3
Duct ectasia	0	1	0	0	1
Total	**12**	**31**	**13**	**4**	**60**

In study 10 patient shows no lump and all are fibroadenosis ; majority of 53.3% patient presented with only painless lump as chief complain; patient with lump and nipple discharge are 6.6% in study.

Table 3: Distribution of sample by chief complaints

S NO.	BREAST DISEASE	NUMBER			LUMP		NIPPLE DISCHAR
			No Lu	Pt. with	PAINLESS	PAINFULL	

			mp	Lump	NO (%)	NO(%)	-GE
1	FIBROADENOMA	29	0	29	21	8	-
2	FIBROADENOSIS	18	10	8	4	4	1
3	GALACTOCELE	4	0	4	4	0	2
4	TRAUMATIC FAT NECROSIS	3	0	3	2	1	-
5	BENINGN BREAST CYST	2	0	2	1	1	-
6	CYSTOSARCOMA PHYLLODES	3	0	3	0	3	-
7	DUCTAL ECTASIA	1	0	1	0	1	1

Fibroadenoma is more common in right breast 51.7% and fibroadenosis seen by bilaterally in 38%.

Table 4: Side of involvement

DIAGNOSIS	RIGHT SIDE	LEFT SIDE	BOTH
FIBROADENOMA (29)	15	13	1
FIBROADENOSIS (18)	6	5	7
GALACTOCELE (4)	1	3	0
TRAUMATIC FAT NECROSIS (3)	1	2	0
BENINGN BREAST CYST (2)	1	1	0
CYSTOSARCOMA PHYLLODES (3)	3	0	0
DUCTAL ECTASIA (1)	1	0	0

Out of 29 cases of fibroadenoma 26 went surgical treatment and 3 went for conservative treatment . Fibroadenosis manage mostly by conservative treatment.

DISCUSSION

The Patients of Benign breast disease presented with single or combinations of below Complaints breast lump, pain or nipple discharge .The most important task of Surgeon is to evolute a lump and exclude the presence of malignancy and provide an accurate diagnosis. Fibroadenoma account for 48% of benign breast disease in our study and fibroadenosis is 30% . Our finding mates most of Indian and International literature of benign diseases(Modhia D et al[4] Khanzada[5]) Most of Benign breast disease were in age group of 20 to 30 years which is more than half in our study and correspond with other study(Khanzada[5] Chaudhary M et al[6])

In our study the incident of lump only is about 53% which is most common presentations of benign breast disease (Modhia D et al[4] , Chaudhary M et al[6]) study work comparable.

Other Complaint is pain only, lump + pain, lump + pain + nipple discharge.

Right sided involvement slightly higher than left breast which is comparable to (Chaudhary M et al[6] and Mima B[7]) results.

Most common quadrant involved was upper outer quadrant in our study. Patient was managed conservative or surgical depending on situations.

CONCLUSION

Benign breast disease are very common problem of young age group between 21 to 30 years and most common presentations is lump in upper outer quadrants. Majority of patients have fibroadenoma and fibroadenosis and are painless and were noticed accidently.

FNAC is very useful and it is highly sensitive and specific for diagnosis of benign breast as compared with USG, but USG have advantage of identifying smaller and impalpable leasion in same and other breast.

Surgery is best treatment for benign breast disease with lump more than 2 cm size.

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Conflict of intrest. None declared

Ethical approval. The study was approved by the Institutional Ethics Committee.

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