



Characteristics of surgically treated benign breast disease

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Abstract

Benign breast disease in women is a very common finding. A firm understanding of benign breast disease is important since sequential steps are necessary to distinguish lesions which impart a high risk of subsequent breast cancer from those which do not.

Purpose: *To know the characteristics of benign breast diseases which were treated surgically.*

Materials and Methods: *This retrospective study included 111 patients with benign breast disease who were treated surgically from June 2016 to June 2018. Patients who did not require surgery were excluded. Histopathological reports were collected from pathology.*

Results: *Majority of patients with benign breast disease, who were treated surgically, had fibro adenoma. The disease was more common in the age group 20-29 years. The most common site was upper outer quadrant and side was right.*

Conclusion: *This study delineated that majority of patients with benign breast disease, who were treated surgically, had fibro adenoma.*

Keywords: *benign breast disease, lump, fibro adenoma.*

Introduction

Breast disease in female is a common presentation in surgical out-patient department. It can either be benign or malignant. Benign breast diseases are more common than malignant ones¹.

Benign breast diseases can be congenital like amazia, polymazia, mastitis of infants and diffuse hypertrophy. Classification according to Aberrations of Normal Development and Involution (ANDI) includes cyclical nodularity and mastalgia, cysts, fibro adenoma, duct ectasia,

peri-ductal mastitis, phyllodes tumors and galactocoele. Other benign breast diseases include infections like tuberculosis or bacterial mastitis, hematoma and traumatic fat necrosis due to injuries of breast and Mondor's disease².

Patients usually present with complain of either pain or lump in the breast or discharge from the nipple. Detailed history, clinical examination, imaging and FNAC or core-cut biopsy (if suspicious of malignancy) help to reach to a final diagnosis. This is known as triple assessments

which include clinical, radiological and pathological evaluation. Many of the benign breast diseases can be managed medically while some are managed surgically.

This study has been done to know the demographic profile of patient and characteristics of the benign breast disease which were treated surgically in our hospital.

Methods and Materials

This retrospective study was done in Department of Surgery, District hospital and Government medical college, Chandrapur. We included all patients who underwent surgery for benign breast disease and specimen sent for histo-pathological examination from June 2016 to June 2018. Patients who did not undergo surgery for benign breast disease were excluded. All the data were collected in predesigned proforma by observation of the files and operation notes of patient who underwent surgery for benign breast disease during June 2016 to June 2018. Histo-pathological examination reports were obtained from the department of pathology and relevant information were noted. The data collected and tabulated in MS Excel and analysed using spss 16. Approval from Institutional Ethics committee has been taken.

Results

During the duration of study, a total of 111 patients were operated for benign breast disease in tertiary hospital. Medical files were retrieved and data was collected and analyzed.

Table 1 illustrates that 40 (36.04%) patients were in 20-29 years of age group followed by 35 (31.53%) patients were in 10-19 years of age group. 28 (25.23%), 7 (6.31%) and 1 (0.9%) patients of 31-39 years of age, 41-49 years and >50 years respectively.

Table 2 shows that maximum i.e. 65 (58.56%) patients had lump in right side and 46 (41.44%) had lump over left side.

Table 3 depicts that maximum i.e. 90 (81.08%) patients had lump over upper outer quadrant and 7

(6.31%), 8 (7.21%) and 6 (5.41%) patients had lump over upper inner, lower outer and lower inner quadrant respectively.

Table 4 shows that maximum i.e. 91 (81.98%) lump had firm consistence whereas 15 (13.51%) and 5 (4.5%) had soft and hard consistence respectively.

Table 5 illustrates that out of 111 patients, 85 (76.58%) patients were diagnosed with fibroadenoma. 5 (4.5%) patients had fibrocystic disease and 4 (3.6%) had tubular adenoma. Whereas 17 (15.32%) had other benign breast disease which includes chronic mastitis, breast abscess, galactocele, lipoma, benign phylloids tumor, papilloma, sclerosing adenosis.

Results

Table 1: Distribution of age groups of subjects

Characteristics	Categories	No. of patients	Percentage
Age in years	10-19	35	31.53
	20-29	40	36.04
	31-39	28	25.23
	41-49	7	6.31
	>50	1	0.9

Table 2: Distribution of side of lump

Characteristics	Categories	No. of patients	Percentage
Side	Right	65	58.56
	Left	46	41.44

Table 3: Distribution of site of lump

Characteristics	Categories	No. of patients	Percentage
Site of lump	Upper outer	90	81.08
	Upper inner	7	6.31
	Lower Outer	8	7.21
	Lower inner	6	5.41

Table 4: Distribution according to consistency

Characteristics	Categories	No. of patients	Percentage
Consistency	Soft	15	13.51
	Firm	91	81.98
	Hard	5	4.5

Table 5: Distribution according to histo-pathological reports

Characteristics	Categories	No. of patients	Percentage
Histo-pathology	Fibroadenoma	85	76.58
	Fibrocystic disease	5	4.5
	Tubular Adenoma	4	3.6
	Others	17	15.32

Discussion

Out of 111 patients, maximum i.e.40 was in the age group of 20-29 years, comprising 36.04%, followed by 35 patients in age group 10-19 years. Only 1 (0.90%) patients were more than 50 years. Our youngest patient was of 14 years while eldest was of 60 years (Table 1). Abhijit MG *et al*, reported commonest age group as 20-40years, and mean age as 28.6 years. Y Narendra *et al*. mentioned the mean age of patients as 30 years. Most of the patients, 90 out of 111, had lump in upper outer quadrant while 8 patients had lower outer quadrant lump, which is in accordance to study done by Y Narendra *et al*.

Patients with lump in right breast were more in number (65) than those with lump in left breast (46). This was in contrast to the finding of Y Narendra *et al*. in which the most common side was left. Consistency of 81.98% of lumps i. e. 91 was firm, 13.51% i. e. 15 were soft while 5 (4.5%) were hard in consistency. Fibro adenoma was found to be the most common histo-pathological findings in studies done by OB Karki *et al*, Akshara Gupta *et al*, G S Bhargava *et al*. and Abhijit MG *et al*. In our study also, histo-pathology reports of the 85 patients i. e. 76.58% showed fibroadenoma, 4.5% was fibrocystic disease while 3.6% had tubular adenoma. However, in the study by Sharma *et al*, majority of patients were diagnosed with fibro adenosis.

Conclusion

This study delineated that majority of patients with benign breast disease, who were treated surgically, had fibro adenoma. The disease was more common in the age group 20-29 years of age and in upper outer quadrant.

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