

Spectrum of Presentation of Benign Breast Disease in a Tertiary Care Hospital

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Abstract:

Background: -Benign Breast Disorder (BBD) is the most common cause of breast problems seen in women and 1/3rd of women suffer from this disorder at some period of their lives.

Aim: To assess the different types of presentation of BBD in a Tertiary Care Hospital.

Methods: This is a Hospital Based prospective study carried out in the Department of General Surgery, Assam Medical College & Hospital, Dibrugarh, Assam for a period of one year from 1st July, 2018 to 30th June, 2019. The study was done in 88 patients who presented to the Surgery OPD and admitted in different surgical units of AMCH for benign breast diseases fulfilling the inclusion criteria.

Results: This study comprised of 88 patients with BBD. Fibroadenoma was found to be the commonest problem accounting for 62.5% followed by fibroadenosis (15.91%). The other benign lesions observed were breast abscess, cystosarcomaphyllodes, lipoma and breast cyst. Lump in the breast was the predominant symptom present in 83 cases (94.32%) followed by pain in breast in 30 cases (34.09%).

Conclusion: Benign breast diseases are a common occurrence in ladies between second and fourth decades of life. Awareness, Breast self-examination, and triple assessment are required for early diagnosis and prompt treatment as most of the anxiety and worry of having breast cancer can be alleviated.

Keywords: Benign breast diseases, Fibroadenoma, Fibroadenosis.

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I. Introduction

Benign breast disease (BBD) is the most common cause of breast problems seen in women. Upto 30% of women will suffer from a BBD requiring treatment at some time in their lives.¹ It usually affects females commonly in the age group >12 years of age but sometimes it can occur also in males.

The nomenclature of benign breast disease is confusing. This is because over the last century a variety of clinicians and pathologists have chosen to describe a mixture of physiological changes and disease processes according to a variety of clinical, pathological and aetiological terminology. As well as leading to confusion, patients were often unduly alarmed or overtreated by ascribing a pathological name to a variant of physiological development. To address this confusion, a concept Aberrations of Normal Development and Involution (ANDI) has been developed and described by the Cardiff Breast Clinic.¹ Triple assessment which include clinical examination, imaging & histopathological examination is now considered a gold standard approach to the diagnosis of breast lump.²

AIM OF THE STUDY

The aim of the study was to analyze the types of benign breast diseases and their modes of presentation.

METHOD

This hospital based prospective study was done for 88 patients with BBD who presented in the surgery OPD of AMCH, Dibrugarh from 1st July, 2018 to 30th June, 2019.

INCLUSION CRITERIA

□ All female patients above 12 years of age attending General Surgery OPD with presentation of Breast lump, breast pain or nipple discharge.

EXCLUSION CRITERIA

- (1) Women with any malignant diseases diagnosed before or during the course of the disease.
- (2) Female patients not giving consent and male patients were excluded from this study.

Ethical clearance was obtained from the Institutional Ethics Committee of Assam Medical College & Hospital. A detailed history was taken and diagnosis was made by Triple assessment. Triple assessment consisted of (A) Clinical examination, (B) Imaging like USG and (C) HPE like FNAC or Excision biopsy. Surgery was done where indicated and reassurance with conservative treatment was given to the rest of the patients.

II. Results

DISTRIBUTION OF BENIGN BREAST DISEASE

The study was conducted in 88 patients and the data was compiled and analyzed using proper statistical techniques. In the present study the most common benign breast lesion encountered was fibroadenoma accounting for (55cases) 62.5% followed by fibroadenosis accounting for (14 cases) 15.91% and breast abscess accounting for (11 cases) 12.50% and other less common conditions including cystosarcomaphyllodes (4 cases) 4.55%, lipoma (3 cases) 3.41% and breast cyst (1 case) 1.14%.

TABLE 1: TYPES OF BENIGN BREAST DISEASES

LESION	NUMBER OF CASES	PERCENTAGE (%)
Fibroadenoma	55	62.50
Fibroadenosis	14	15.91
Breast Abscess	11	12.50
CystosarcomaPhyllodes	4	4.55
Lipoma	3	3.41
Breast cyst	1	1.14
TOTAL	88	100.0

MODE OF PRESENTATION:

In the present study, lump in the breast was the predominant presenting symptom, present in 83 cases (94.32%) and only 5 patients (5.68%) did not notice any lump but complaints of only pain and were diagnosed as fibroadenosis. Pain was the next common symptom and was present in 30 cases (34.09%) of the patients. In patients with fibroadenosis, 64.28% (9 cases) complained of lump & pain where as 35.71% (5 cases) of the patients had only pain.

All the 11 cases (100%) of breast abscess presented with lump, pain and fever. 4 cases of phyllodestumor and a single case of breast cyst presented with lump and pain.

TABLE 2: MODE OF PRESENTATION IN THE PATIENTS

SYMPTOMS	NUMBER OF CASES <i>(n = 88)</i>	PERCENTAGE (%)
Lump	58	65.91
Pain	5	5.68
Lump+Pain	14	15.91
Lump+Pain+Fever	11	12.50
TOTAL	88	100

SIDE OF THE BREAST INVOLVED: The lesion was found more commonly on the right breast with 48 cases (54.55%) and in the left breast there were 32 cases (36.36%) in the present study and with lesions presenting bilaterally in 8 cases (9.09%).

TABLE 3: SIDE-WISE DISTRIBUTION OF SYMPTOMS

LESION	RIGHT	LEFT	BILATERAL
Fibroadenoma	29	18	8
Fibroadenosis	7	7	0
Breast Abscess	6	5	0
CystosarcomaPhyllodes	3	1	0
Lipoma	3	0	0

Breast cyst	0	1	0
TOTAL (n = 88)	48	32	8
PERCENTAGE (%)	54.55	36.36	9.09

III. Discussion

TABLE 4: RELATIVE INCIDENCE OF BENIGN BREAST DISEASE IN FEMALES IN VARIOUS REPORTED SERIES (IN PERCENTAGE)

Authors & Year	GroupSize	Fibro-adenoma	Fibroadenosis	Breast abscess	Phyllodes tumor
Julideet <i>al</i> (2015) ³	N = 352	53	21	15	-
Selvakumarane <i>al</i> (2017) ⁴	N=168	55.9	20.8	5.9	2.3
Present series (2019)	N =88	62.5	15.91	12.5	4.55

Fibroadenoma was the most common benign breast disorder encountered in the present study. The next common BBD in the present study was fibroadenosis with an incidence of 15.91%, followed by breast abscess which had an incidence of 12.5%. This is in accordance with the studies done by other authors as mentioned above in Table 4.

The incidence of phylloides tumour in the present study was 4.55% and is almost comparable to the study conducted by Selvakumarane *al* (2017)⁴ where they recorded an incidence of 2.3%. In the present series 3 cases of lipoma were found out of 88 cases, (3.41%) and which is almost comparable with Abhijit MG *et al*(2013)⁵ series where only 1 case (0.9%) of lipoma was present out of 110 cases. In the present series 1 case of breast cyst was observed out of 88 cases, which constitute only 1.14% and occurrence of which is almost comparable with the study conducted by Selvakumarane *al* (2017)⁴ where they encountered 2 lipomas (1.2%) out of 168 cases.

TABLE 5: COMPARISON OF MODE OF PRESENTATION OF BBD IN DIFFERENT CASE SERIES (IN PERCENTAGE)

Symptom	Sangmaet <i>al</i> (2013) ⁶	Present study (2019)
Lump	63	65.91
Pain	9	5.68
Lump+Pain	20	15.9
Lump+Pain+Fever	-	12.5

The commonest presenting symptom in the study was breast lump, present in 83 cases (94.32%) and the next common symptom was pain, present in 30 cases (34.09%). The findings were almost comparable with the study mentioned in table 5. The lesion was found more common on the right breast than the left breast and this is in accordance with the study conducted Abhijit MG *et al*(2013)⁵, where incidence of lesion on right breast was 47.3% and on left breast was 43.6% with lesions bilaterally presenting in 9.1%.

IV. Conclusion:

Benign breast disease (BBD) constitute the majority of breast diseases encountered in general. Fibroadenoma is the commonest benign breast lesion encountered, followed by fibroadenosis, breast abscess, cystosarcomaphyllodes, lipoma and breast cyst. Most of the BBD presented in second to fourth decades of life. Fibroadenomas are present commonly in the second decade while fibroadenosis present a decade later. In this series lump in the breast was the commonest presentation of BBD and followed by breast pain. As most of the patients presented to the hospital because of underlying fear of developing breast cancer, it can be opined that early detection and treatment of a breast ailment/BBD can alleviate unnecessary fear and anxiety to a great extent.

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