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AN OVERVIEW OF SURGICALLY TREATED BENIGN BREAST DISEASE IN WESTERN ODISHA – A HOSPITAL BASED RETROSPECTIVE CLINICO-PATHOLOGICAL STUDY

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Abstract

Background - 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 2021 to June 2023. 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 ones [1]. 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 disease [2]. 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 General Surgery, VIMSAR, Sambalpur. We included all patients who underwent surgery for benign breast disease and specimen sent for histo-pathological examination from June 2021 to June 2023. 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 . 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.

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: Distribution of age groups of subjects

Characteristics	Categories	No. of patients	Percentage (%)
Age in years	10-19	15	31.53
	20-29	40	36.04
	30-39	28	25.23
	40-49	7	6.31
	>50	1	0.9

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: Distribution of side of lump

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

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: 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 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: Distribution according to consistency

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

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: Distribution according to histopathological reports

Characteristics	Categories	No. of patients	Percentage (%)
Histo-patholpgy	Fibroadenoma	85	76.58
	Fibrocystic disease	5	4.5
	Tubular adenoma	4	3.6
	Others	17	15.32

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.

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 [3] . Y Narendra et al. mentioned the mean age of patients as 30 years [4] . 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 [4] . 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 [3,5,6,7] . In our study also, histopathology 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 [8] .

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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