



Spectrum of presentation of benign breast disease in KVGMCH, Sullia

Sahana M¹, B Jagadish²

¹ Junior Resident, Department of General Surgery, KVG Medical College Hospital, Sullia, Karnataka, India

² Professor and HOD, Department of General Surgery, KVG Medical College Hospital, Sullia, Karnataka, India

Abstract

Background: Benign Breast Disorder (BBD) is the most common cause of breast problems seen in women and 30% of women suffer from this disorder requiring treatment at some period of their lives [1].

Aim: To assess the different modes of presentation of benign breast diseases

Methods: This is a hospital based prospective study carried out in the Department of General Surgery, KVG Medical College & Hospital, Sullia for a period of one and half years from 1st November, 2019 to 30th April, 2021. The study was done in 82 patients who presented to the Surgery OPD and admitted in surgery ward for benign breast disorders fulfilling the inclusion criteria.

Results: This study comprised of 82 patients with benign breast diseases. The commonest problem was found to be fibroadenoma accounting for 63.41% followed by fibroadenosis (14.63%). The other benign lesions observed were breast abscess, phyllodes, and breast cyst. Lump in the breast was the predominant symptom present in 77 cases (93.90%) followed by pain in breast in 28 cases (34.14%).

Conclusion: Benign breast disorders are a common occurrence in women between 20-40years of age group. Awareness of breast disorders, Breast self-examination (BSE), 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: fibroadenoma, phyllodes tumour, benign breast disease

Introduction

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

The nomenclature of benign breast disorder is confusing. Since the last century, a variety of clinicians and pathologists have chosen to describe various physiological changes and disease processes according to a variety of clinical, pathological and etiological terminology. Patients were often unduly frightened or overtreated because of confusing terminologies attributed to a variation of physiological turn of events.

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, radiological 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 various types of benign breast disorders and their modes of presentation.

Method This hospital based prospective study was done for 82 patients with benign breast diseases who presented in the surgery OPD of KVGMCH, Sullia from 1st November, 2019 to 30th April, 2021.

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

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

Ethical clearance was obtained from the Institutional Ethics Committee of KVG Medical College & Hospital.

Complete history was taken and diagnosis made based on Triple assessment. Triple assessment consisted of,

- Clinical examination
- Imaging like Sonomammography, and
- HPE like FNAC and Excision biopsy.

Surgery was done in cases that needed surgery and rest of the cases were managed conservatively.

Results

Distribution of benign breast disease

The study was conducted in 82 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 (52cases) 63.41% followed by fibroadenosis accounting for 12 cases (14.63%) and breast abscess accounting for 11 cases (13.41%) and other less common conditions including cystosarcoma phyllodes 6cases (7.31%) and breast cyst (1 case) 1.21%.

Table 1: types of benign breast diseases

Lesion	Number of cases	Percentage (%)
Fibroadenoma	52	63.41
Fibroadenosis	12	14.63
Breast Abscess	11	13.41
Cystosarcoma Phyllodes	6	7.31
Lipoma	0	0
Breast cyst	1	1.21
Total	82	100

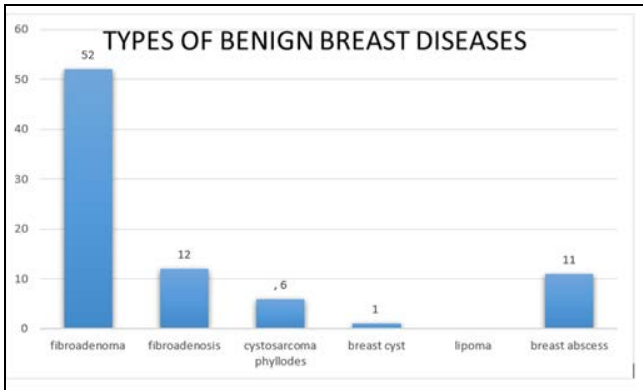


Fig 1

Modes of presentation

In the present study, lump in the breast was the predominant presenting symptom, present in 77 cases (93.90%) and only 5 patients (6.09%) 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 28 cases (34.14%) of the patients. Lump & pain were complained by 7 cases (58.33%) of fibroadenosis where as 41.66% (5 cases) of the patients had only pain. Lump, pain and fever was seen in all 11 cases of breast abscess.

Table 2: mode of presentation in the patients

Symptoms	Number of cases (n = 82)	Percentage (%)
Lump	54	65.85
Pain	5	6.09
Lump+Pain	12	14.63
Lump+Pain+Fever	11	13.41
Total	82	100

Side of the breast involved

45 cases involved right breast (54.87%) whereas left breast involvement was seen in 31 cases (37.80%) in the present study and bilateral breasts involvement in 6 cases (7.31%).

Table 3: side-wise distribution of symptoms

Lesion	Right	Left	Bilateral
Fibroadenoma	30	17	7
Fibroadenosis	6	6	0
Breast Abscess	5	5	1
Cystosarcoma Phyllodes	4	2	0
Lipoma	0	0	0
Breast cyst	0	1	0
Total (n = 82)	45	31	6
Percentage (%)	54.55	36.36	9.09

Discussion

Table 4: relative incidence of benign breast disease in females in various reported series (in percentage)

Authors & Year	Julide <i>et al</i> (2015) ³	Selvakumaran <i>et al</i> (2017) ⁴	Present study- 2019
Group Size	N=352	N=168	N=82
Fibroadenoma	53	55.9	63.41
Fibroadenosis	21	20.8	14.63
Breast abscess	15	5.9	2.3
Phyllodes tumor	-	2.3	7.3

The most common benign breast disease encountered in this study was fibroadenoma. The next common lesion was fibroadenosis with an incidence of 14.63%, followed by breast abscess which had an incidence of 13.41%. As mentioned above in Table 4, the findings in this study are in accordance with the studies done by other authors. Phyllodes tumor was seen in 7.31% and is slightly higher compared to the study conducted by Selva kumaran *et al* (2017)⁴ where they recorded an incidence of 2.3%. In the present series no cases of lipoma was found out of 82 cases, 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 82 cases, which constitute only 1.21%.

The commonest presenting symptom in the study was breast lump, present in 77 cases (93.90%) and the next common symptom was pain, present in 28 cases (34.14%). 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], whereas lesion on right breast was 54.87% and on left breast was 37.80% with lesions bilaterally presenting in 7.31%.

Table 5: comparison of mode of presentation of bbd in different case series (in percentage)

Symptom	Sangma <i>et al</i> (2013) ⁶	Present study (2019)
Lump	63	65.85
Pain	9	6.09
Lump+Pain	20	14.63
Lump+Pain+Fever	-	13.41

Conclusion

Benign breast diseases (BBD) constitute the majority of breast diseases encountered in general. Fibroadenoma is the commonest benign breast lesion encountered, followed by fibroadenosis, breast abscess, phyllodes tumor 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. Lump in the breast was the commonest presentation of benign breast disorder 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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