

## INCIDENCE OF BENIGN BREAST LUMP ABOVE 40 YRS. OF AGE IN FEMALE ATTENDING MGMGH, TIRUCHIRAPPALLI

Ayyaswamy Thulasi<sup>1</sup>, William Premalatha Sharon Rose<sup>2</sup>, Dhanasekharan Uma<sup>3</sup>

<sup>1</sup>Professor, Department of General Surgery, KAPV Government Medical College.

<sup>2</sup>Associate Professor, Department of General Surgery, KAPV Government Medical College.

<sup>3</sup>Assistant Professor, Department of General Surgery, KAPV Government Medical College.

### ABSTRACT

#### BACKGROUND AND OBJECTIVES

The breast is the essential symbol of womanhood to society and to the woman herself. Subjected every month to the onslaught of ovarian, adrenal, pituitary and thyroid hormones in tandem with the uterus, the very histological architecture of the breast changes sequentially. With the recent importance given to early diagnosis of cancer of the breast and its early detection by both the patient and her physician, more benign conditions are likely to be detected than earlier. The objective of our review is to find out the incidence of benign breast lump above 40 years of age in females attending our hospital.

#### METHODS AND MATERIALS

130 patients presenting to the outpatient department of KAPV Medical College with breast lump were included in this comprehensive study.

A detailed history regarding the duration and nature of the complaints, family history pertaining to breast or ovarian cancers, risk factors such as oral contraceptive use, parity, lactation, etc. was elicited. A thorough clinical examination was performed.

#### RESULTS

Of 24 cases of fibroadenoma, all were operated upon by excision. Of 38 patients with fibroadenosis, 30 patients managed conservatively and surgery for 8 patients where the diagnosis was doubtful. Abscesses were incised and drained under antibiotic cover for 3 patients. 8 cases of breast cyst were managed by aspiration. TB mastitis was confirmed by excisional biopsy and followed up by antituberculous therapy with regular follow up after 6 months. Healed lesions were found to be associated with improved general condition of the patients. Lipoma and sebaceous cyst were managed by excision biopsy.

#### CONCLUSION

Benign breast diseases were found to be common in woman above 40 years old in contrast to normal teaching, which says they are common in younger age groups. Fibroadenosis was the commonest benign disease closely followed by fibroadenoma. Fibroadenosis was mostly managed conservatively. Excision biopsy was done for fibroadenoma, lipoma and fat necrosis.

#### KEYWORDS

Fibroadenosis, Fibroadenoma, FNAC, Triple Assessment, Mammography.

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**INTRODUCTION:** Benign breast diseases encompass a wide range of clinical and pathological entities.<sup>(1)</sup> Oestrogens are primarily responsible for proliferation of the mammary ducts and progesterone for development of lobules.<sup>(2)</sup> The lump, a woman discovers necessitates intervention to determine its benign nature. Specific goals of targeted diagnostic sonography are to prevent biopsies and short interval follow up.<sup>(3)</sup> Role of sonography is to

distinguish solid from cystic lesions and in solid nodules to distinguish benign from malignant.<sup>(4)(5)</sup> Palpable cysts can be aspirated. Solid, discrete breast lump, which is believed to be benign on all assessment criteria maybe treated conservatively or excision biopsy done.<sup>(6)</sup> For fat necrosis, excision biopsy is done.<sup>(7)(8)</sup> This study aims to look at the benign breast lesions that women in a developing country like India present with the mode of presentation, aetiology if determinable and management available and to identify risk factors.

#### AIMS AND OBJECTIVES:

1. To find out the incidence of benign breast lump above 40 years of age in females attending MGMGH, Tiruchirappalli.
2. Correlation of clinical diagnosis and histopathological or surgical diagnosis and specificity of clinical diagnosis.

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*Corresponding Author:*

*Dr. Ayyaswamy Thulasi,*  
*'Brindhavan', Plot No. 359, Rajaram Salai,*  
*K. K. Nagar, Trichy-620021.*

*E-mail: thulasi\_j@yahoo.com*

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**MATERIALS AND METHODS:** 130 patients presenting to the outpatient department of KAPV Medical College with breast lump were included in this comprehensive study. A detailed history regarding the duration and nature of the complaints, family history pertaining to breast or ovarian cancers, risk factors such as oral contraceptive use, parity, lactation, etc. was elicited. A thorough clinical examination was performed.

**Inclusion Criteria:**

1. Female above 40 years.
2. Lump in the breast.

**Exclusion Criteria:** Carcinoma breast.

**RESULTS AND OBSERVATIONS:** The average age incidence was around 40 to 45 years comprising 66% (Figure 1). Upper outer quadrant was more involved 74% while lower inner quadrant was least involved. 16% (Figure 2) FNAC was done in all 130 patients. Fibroadenosis was found to be the most common benign lesion 29.2% closely followed by fibroadenoma 18.5%. Benign phyllodes comprised 10.8% (Table 1) excision biopsy was done in 64 cases of which results were confirmed to be similar to FNAC in 58 cases. Sensitivity and specificity of FNAC was found to be 90.4% and 91.6%, respectively (Table 2). Sensitivity and specificity of clinical diagnosis was found to be 90% and 92.1%, respectively (Table 3).

Disease	Total	%
Fibroadenosis	38	29.2%
Fibroadenoma	24	18.5%
Benign phyllodes	14	10.8%
Cyst	8	6.2%
Periductal mastitis	3	2.3%
Spindle cell neoplasm	1	0.8%
Traumatic fat necrosis	1	0.8%
Infective	5	3.8%
Lipoma	8	6.2%
Inconclusive	8	6.2%
Sebaceous cyst	5	3.8%
Fibroglandular tissue	15	11.5%
Total	130	100.0%

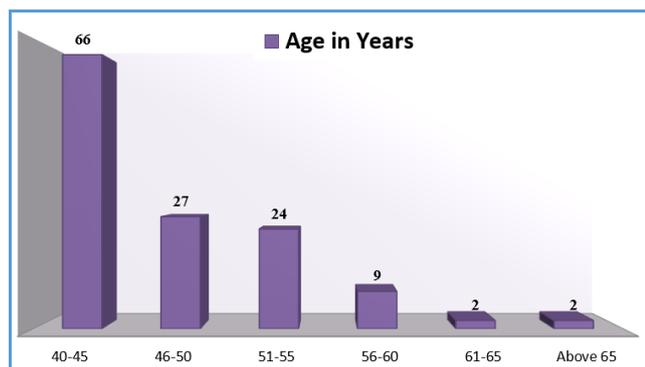
**Table 1: FNAC**

Diseases	FNAC	Biopsy Report
Fibroadenosis	8	6
Benign phyllodes	13	14
Fibroadenoma	25	19
Lipoma	8	8
Periductal mastitis	3	5
Sebaceous cyst	5	5
Spindle cell neoplasm	1	0
Traumatic fat necrosis	1	1
	64	58
Sensitivity	90.4%	
Specificity	91.6%	

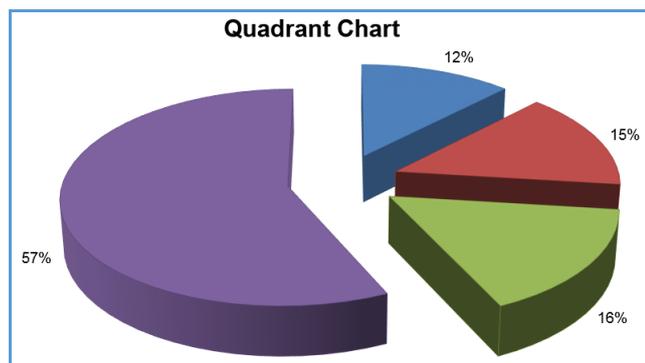
**Table 2: Sensitivity and Specificity of FNAC**

Condition	Clinical Diagnosis	Biopsy Report
Fibroadenoma	25	19
Fibroadenosis	6	3
Benign phyllodes	13	14
Periductal mastitis	3	5
Lipoma	8	8
Sebaceous cyst	5	5
Sensitivity of clinical diagnosis	90%	
Specificity of clinical diagnosis	92.1%	

**Table 3: Sensitivity and Specificity of Clinical Diagnosis**



**Figure 1: Age in Years**



**Figure 2: Quadrant Wise Distribution**

**DISCUSSION:** All patients presenting with breast lump had a clinical, radiological and pathological assessment. For correct diagnosis of breast disease, background knowledge of general features of individual breast disease like incidence, age distribution, symptoms and palpatory findings are very important. The problem in treatment of benign breast lump in developing countries is late because of illiteracy, social taboo and unawareness resulting in delay in diagnosis. The commonest benign breast lesion was found to be fibroadenosis followed by fibroadenoma

upper quadrant was mostly involved. Of the 64 cases for whom excision biopsy was done, HPE was found to be similar to FNAC in 58 cases. Sensitivity and specificity of FNAC was found to be 90.4% and 91.6%, respectively. Clinical diagnosis of lesions closely correlated to biopsy report. This study shows though the incidence of malignancy in breast lump is common in women above 40 years of age, the incidence of benign breast lump is also increasing.

**CONCLUSION:** Benign breast diseases were found to be common in woman above 40 years old in contrast to normal teaching, which says they are common in younger age groups. Fibroadenosis was the commonest benign disease closely followed by fibroadenoma. Fibroadenosis was mostly managed conservatively. Excision biopsy was done for fibroadenoma, lipoma and fat necrosis.

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