Original Article

Evaluation of Breast Diseases on Patients Attending Rajiv Gandhi Institute of Medical Sciences General Hospital, Srikakulam

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Abstract

Background: Patients often attend the surgical outpatient department (OPD) with the complaint of a lump with apprehension of malignancy. Early diagnosis allays the fear, and early recognition of malignancy saves the patient from metastatic breast disease.

Materials and Methods: A total of 348 patients were included in the present study. The data of the patients who presented with a breast lump and attended the surgical OPD of RIMS general hospital in Srikakulam. Patient's age, sex, duration of the swelling, parity, symptoms such as pain, discharge from the nipple, size of the swelling, previous breast disease, side and quadrant of the breast involved, clinical diagnosis, histological diagnosis made by fine-needle aspiration cytology, and biopsy were recorded. All the results were analyzed.

Results: Out of the 348 patients included in the study ,18 patients were males and 330 patients were females. Among the females 9 patients were pre pubertal and 220 patients were pre-menopausal and rest of the 119 patients were post-menopausal 94 patients were nulliparous. The lump was painless in 174 patients.

Conclusion: According to our study, the breast lump was the most common complaint. Most patients presenting late of more than 1 year. Fibroadenoma is more common than malignancy. Our results are consistent with literature and with other studies conducted elsewhere.

Key words: Biopsy, Benign, FNAC, Fibrosdenoma, Malignant

INTRODUCTION

Carcinoma of breast is the most common malignancy in the world with an incidence of 15.4%. Lump in the breast is the most common complaint of the female patients attending the surgical outpatient department (OPD). Various types of lesions ranging from inflammation to malignancy can occur in breast some can occur in the younger age group, whereas others in elderly age group. Early presentation and prompt evaluation are essential. In case of carcinoma, it can save the patient from developing metastasis and improve the prognosis.

MATERIALS AND METHODS

Our study is aimed at evaluating the incidence of breast disorders of the patients attending the surgical OPD of RIMS general Hospital Srikakulam and to compare with the findings available in literature. The study is done retrospectively from available data such as age, sex, presenting complaint, duration of complaint, and associated symptoms family.

A total of 348 patients were included in this study who attended with complaints of breast disorders to the surgical OPD of RIMS General Hospital from 1st August 2013 to 30th July 2016.

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Inclusion Criteria
1. Symptomatic or asymptomatic patients complaining of lump in the breast with or without nodularity in the breast.
2. Presence of lump in the breast and nipple discharge.
3. Non-lactating breast abscess.

Exclusion Criteria
1. Acute lactating breast abscess
2. Male patients with lump in breast.

All the results were analyzed by Statistical Package for Social Sciences software. Chi-square test was used to measure the level of significance.

RESULTS

Out of the 348 patients included in the study ,18 patients were males and 330 patients were females. Among the females 9 patients were pre pubertal and 220 patients were pre-menopausal and rest of the 119 patients were post-menopausal 94 patients were nulliparous. The lump was painless in 174 patients. The most common age group involved in 25 to 40 years (Table 2). Fibro adenoma is the most common breast swelling (36.72%). Incidence of breast carcinoma was 27.87%. Left breast is most commonly involved.

Duration of Lump from Discovery to Presentation
- <1 month: 38
- 1 month to 3 months: 47
- 3 months to 6 months: 51
- 6 months to 12 months: 42
- More than 1 year: 160
- Lt breast is most affected: 157 (45.11%)
- Rt breast is affected: 121 (34.77%)
- Bilateral involvement: 60 (17.24%).

The most common age group involved is 25-40 years (136 cases 40%) (Tables 1 and 3). Biopsy in the form of fine-needle aspiration cytology, core needle biopsy, and excision biopsy was done in 285 cases. 78 patients do not require biopsy, and 12 patients refused. 128 patients (36.72%) were found to be having fibroadenoma. 97 patients (27.87%) were found to be having invasive carcinoma (Ductal cell carcinoma). The mean age for breast cancer is 46.3 years, range 35-70 years with a peak of 55 years. For fibroadenoma, mean age was 24.2 years; median 23 years range 15-46 years with a peak age of 23.
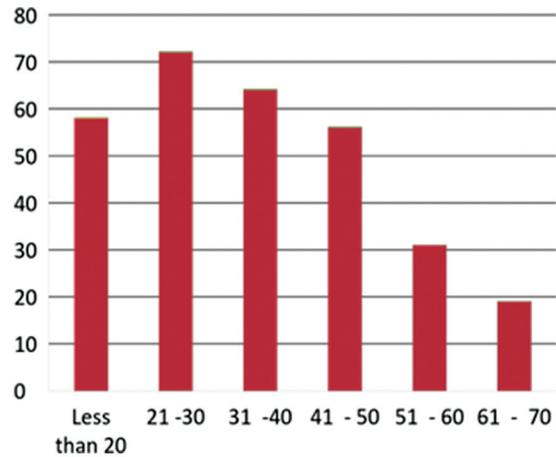
DISCUSSION

A breast lump is the most common complaint of breast disease both in males and females. Although most breast lumps are benign, the true nature of the lump cannot be made by clinical examination only. A definite diagnosis can

Table 1: Age distribution

Age in years	Number (%)
<20	58 (18)
21-30	72 (22)
31-40	64 (19.39)
41-50	56 (16.90)
51-60	31 (9.39)
61-70	19 (5.75)

Table 2: Sex distribution

Sex	Number of patients
Males	18
Females	330

Table 3: Quadrant-wise distribution

Quadrant	Involved	Number of patients (%)
Upper	Outer	137 (40.29)
	Inner	51 (15)
Lower	Outer	36 (10.58)
	Inner	14 (4.11)
Central		31 (9.11)
Whole	Breast	42 (12.31)
Multiple	Quadrants	29 (8.52)
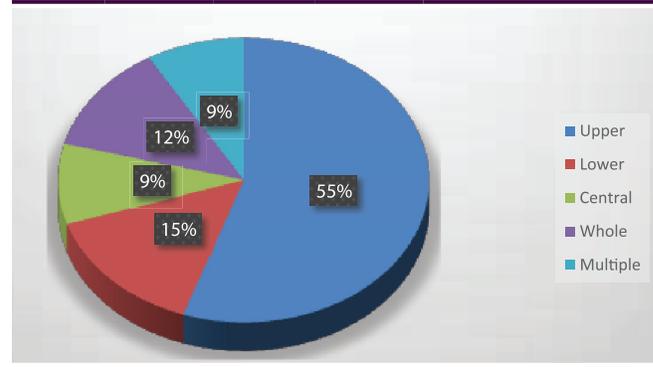
be made by histopathology. Many patients of carcinoma breast of Srikakulam as with other parts of India present late with ulceration, fungation, axillary lymphadenopathy, and liver secondaries due to ignorance and poverty. Early diagnosis and treatment saves the patient from mortality and morbidity and saves the patient from expensive

Table 4: Clinical diagnosis of patients

Clinical diagnosis	Number of patients (%)
Carcinoma of breast	97 (27.87)
Fibroadenoma	128 (36.78)
Duct ectasia	24 (6.89)
Mastitis	28 (8.04)
Fibrocystic diseases	21 (6.03)
Abscess	28 (8.04)
Galactocele	11 (3.16)
Phyllodes tumor	8 (2.29)
None	3 (0.86)
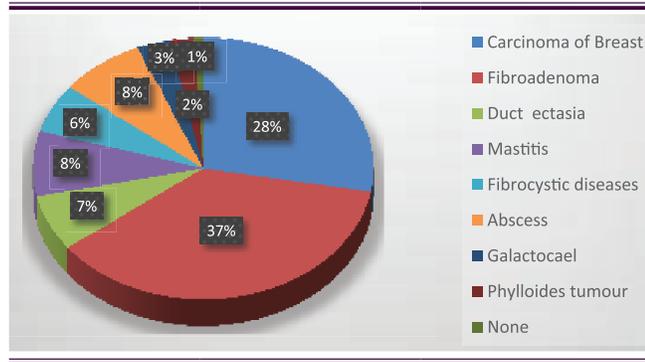
Table 5: Histopathology

Histopathological diagnosis	Number of patients (%)
Fibroadenoma	139 (40)
Carcinoma of breast and ductal cell lobular	83 (23.82)
Gynecomastia	8 (2.28)
Inflammatory	8 (2.28)
Brest disorders	13 (3.73)
Benign phyllodes tumor	11 (3.10)
Antibioma	2 (0.50)
Fibrocystic disease	32 (9.15)
Tuberculosis	1 (0.50)
Normal	8 (2.28)
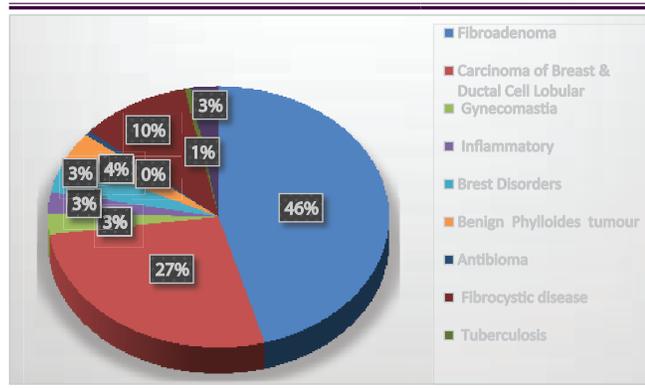
treatment of advanced disease.[1-3] Fortunately, studies have shown that the majority of patients presenting to the department have benign disease. Most of these patients still present late to the hospital with 45.97% of patients presenting more than 1 year of duration of their disease. In a similar study by Goyal *et al.*,[4] 40.86% of patients presented with more than 1 year of duration of their disease. Okobia and Aligbe[5] noted that in their study 78% of their patients presented after 3 months of noticing the lump. In a study,[4] 82.6% patients presented after a month of noticing the lump. Fibroadenoma is the most common clinical diagnosis (36.77%) followed by carcinoma of breast (27.8%) in our study (Table 4). After histopathological examination, fibroadenoma is the most common (39.9%) followed by carcinoma of breast (23.85%) (Table 5). In a study by Choudhary, fibroadenoma is common (46.2%) followed by carcinoma (35.9%). 66.15% of diseases are benign in our study, whereas it is 64%,[4] 2.6% (Eku), and 90% (Zakaria). Studies by Mayun, Khan, Pradhan, Siddique Hadshon, fibroadenoma to be the most common cause of breast lump and fibrocystic disease than breast cancer, the age range of breast lump in our study is 12 to 74 years with most patients are in the age group of 25-35 years. Carcinoma of breast is most commonly seen in the age group of 40-50 years consistent with literature. In our study, fibroadenoma is most commonly seen in the age group of 20-40 years age group with median of 24.1 years. This once again emphasizes that any breast swelling in the females of the age group of 35-50 year to be considered as carcinoma of breast until proved otherwise.[6-10]

In our study, we found 8 cases of gynecomastia. 11 cases of phyllodes tumors, 2 cases of antibioma, and 1 case of tuberculous mastitis. Retrospective study on the demographic pattern on breast lumps operated at the University of Maiduguri Teaching Hospital over a period of 6-year by Nuhu *et al.* concluded though benign breast diseases still common, a high percentage of cases in Maiduguri are due to malignancy, and this is found be increasing in younger age group. Prajapati *et al.* retrospectively analyzed the clinicopathological review of the breast diseases on 550 patients attended to the surgical OPD of a teaching hospital with a complaint of breast diseases from January 2008 to December 2012. They concluded that breast lump is the most common complaint and most patients presenting late.[11,12]

CONCLUSION

According to our study, the breast lump was the most common complaint most patients presenting late more than 1 year. Fibroadenoma is more common than malignancy.

Our results are consistent with literature and with other studies conducted elsewhere.

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