

## Spectrum of Breast Problems at Ghurki Trust Teaching Hospital Lahore

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### ABSTRACT

**Objective:** To find out spectrum of breast problems in our hospital where majority patients are from rural areas and they lack awareness of breast cancer.

**Study design:** Descriptive study

**Place and Duration of study:** This study was carried out in surgical unit II at Ghurki Trust Teaching Hospital (GTTH) from January 2008 to December 2009.

**Patients and Methods:** All female patients presenting with breast problems were included in the study. Male patients with breast problems were excluded. They were diagnosed by detailed history, thorough physical examination of breast and other relevant systems along with appropriate investigations like ultrasonography, mammography, fine needle aspiration cytology, true cut biopsy and excision biopsy according to the clinical findings. A proforma to collect data pertinent to study was filled for each patient. After collecting data results were analyzed.

**Results:** Total no. of women was 242 who had different types of breast problems. The age ranged from 10 year to 79 year. Out of these 242 patients, 126 (52%) were seen between the age of 30-49. The benign breast disease was commonest (92%) and among them the commonest condition was Non-cyclical Mastalgia in 74(31%). The commonest age of presentation of breast cancer was 5<sup>th</sup> decade (58%) followed by 4<sup>th</sup> decade (21%). Majority of the cancer patients presented in stage III (47%). Non-cyclical Mastalgia was commonly seen in the 4<sup>th</sup> decade (15%) while (12%) patients of Fibroadenoma reported in 2<sup>nd</sup> decade. Fibrocystic disease was reported between 3<sup>rd</sup> and 4<sup>th</sup> decade (16%) .

**Conclusion** Commonest being condition was Non-cyclical Mastalgia followed by Fibroadenoma. Cancer of breast presented in stage III. So in this area the awareness about cancer is needed so that patients could come early for treatment .

**Key words** breast disease, lump, fibroadenoma, breast cancer

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### INTRODUCTION

Benign breast disorders and diseases encompass a wide range of clinical and pathological entities. Surgeon require an in depth understanding of the benign breast disorders and diseases so that clear explanation may be given to affected women, appropriate treatment instituted and unnecessary long term follow up avoided . The impact of breast diseases in the western society assumes even greater importance as the incidence of breast cancer continues to increase steadily<sup>1</sup>. In general, both breast cancer incidence and mortality are relatively lower among the female population of Asia and Africa<sup>2</sup>. Approximately one in every nine Pakistani women is likely to suffer from breast cancer which is one of the highest incidence rate in Asia<sup>3</sup>. It is a world wide problem and no race and country is free from this disease. The breast problem could be as simple as breast diseases are common with estimate of over

half of the female population at some times in life seeking medical advice for breast problem<sup>4</sup>. Of all breast disorders, palpable breast lump is second most common presentation, the pain being the first<sup>5</sup>. Breast tissue in female is under the influence of various hormones and subjected to constant physiological variation<sup>6</sup>. Fibroadenoma of the breast is a common cause of a benign breast lump in premenopausal women<sup>7</sup>. Fibrocystic disease is a histological term that refers clinically to a large group of syndrome presented as lump or lumpiness<sup>8</sup>. Fibroadenoma accounts for the majority of breast biopsies performed today. The natural history of fibroadenoma varies, usually found as a solitary 1-2 cm, firm, rubbery, non tender and well circumscribed<sup>9</sup>.

When finding are suspicious clinically or Radiologically patients get anxious about possibility of breast cancer<sup>10</sup>. Clinicians must attempt to rule out maligna spectrum of female breast problems examined in our out patients department where majority patients come from rural areas.

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**OBJECTIVES**

To find out spectrum of breast problems in our hospital where majority patients are from rural areas and they lack awareness of breast cancer.

**PATIENTS AND METHODS**

This study was conducted in surgical unit II at Ghurki Trust Teaching Hospital Lahore from January 2008 to December 2009. All the female patients presenting with breast problems were included in this study. Male patients with breast problems were not included. Detailed history about menarche, marital status, parity, age at first pregnancy and age of menopause were noted. Family history of cancer breast was also recorded. Physical examination included thorough local examination of both breast, examination of both axilla, abdomen, chest wall and skeletal system were carried out if there was any evidence of metastasis. All the cases of lumps were subjected either FNAC or biopsy. Other investigations USG, mammography were carried out where these were indicated according to the clinical

findings. A proforma to collect data pertinent to study was filled for each patient. After collecting data results were analyzed.

**RESULTS**

During one year of our study period at Ghurki Trust Teaching Hospital Jallo More Lahore, 242 women were to be having different types of breast problems. Table 1 The age ranged from 10 year to 79 year. Out of these 242 patients, 126 (52%) were seen between the age of 30-49. Table 2. The benign breast disease is commonest (92%) The commonest condition was Non-cyclical Mastalgia in 74(31%) Table 2. The commonest age of presentation of breast cancer was 5<sup>th</sup> decade (58%) followed by 4<sup>th</sup> decade (21%). Majority of the cancer patient presented in stage III (47%). Table 3. Non-cyclical Mastalgia was commonly seen in the 4<sup>th</sup> decade (15%) while (12%) patients of Fibroadenoma reported in 2<sup>nd</sup> decade. Fibrocystic disease was reported between 3<sup>rd</sup> and 4<sup>th</sup> decade (16%)

Table 1: Distribution of breast diseases in different age groups

Age range	Mastalgia	Fibro-adenoma	Breast Abscess	Ca breast	Fibrocystic disease	Accessory breast	Galactocele	Puberty mastitis	Nipple discharge
10-19	X	17	2	x	X	1	x	5	x
20-29	6	30	20	x	X	x	x	x	x
30-39	22	6	5	1	18	6	1	x	2
40-49	36	x	x	2	20	3	2	x	2
50-59	10	x	x	13	8	x	x	x	1
60-69	X	x	x	2	X	x	x	x	x
70-79	X	x	x	1	x	x	x	x	x

Table .2 No of patients in different age range

	=n	%age
10-19	25	10
20-29	56	23
30-39	61	25
40-49	65	27
50-59	32	13
60-69	2	1
70-79	1	0.5

Table.3 Grades of breast cancer at presentation

Grade of diseases	=n	%age
I	2	11
II	5	26
III	9	47
IV	3	16

**DISCUSSION**

The benign breast diseases were the commonest type of breast problems in the present study which account approximately 92% of all cases seeking medical advice for breast problem at Ghurki trust teaching hospital. This result is in contrast to western countries where benign breast diseases account only 79% of breast problems<sup>12</sup>. Among the benign breast diseases the non-cyclical Mastalgia was the most common breast problem followed by fibroadenoma but this result is in contrast to one study<sup>13</sup> in which the most common benign breast disease was fibroadenoma. This difference may be due to the shyness of female of this age group where fibroadenoma is common as in our study the majority women are from rural area. This difference may be

as the pattern of benign breast lump is changing from fibroadenoma towards non-cyclical Mastalgia<sup>14</sup>. The commonest presentation of cancer is in the 5<sup>th</sup> decade which is compare with other local study<sup>15</sup> majority patients with cancer presented with grade III reason being lack of breast screening and public awareness about breast cancer

## CONCLUSION

Commonest being condition was non-cyclical mastalgia followed by fibroadenomas. Cancer of breast presented in stage III. So in this area the awareness about cancer is needed so the patient should come early for treatment.

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