

Profile of patients undergoing breast surgery for various breast pathology

Amit Kumar C Jain^{1*}, Harshita Jain²

¹ Associate professor, Department of Surgery, Rajarajeswari Medical College, Bangalore, India

² 4th year MBBS Student, Rajarajeswari Medical College, Bangalore, India

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*Corresponding author

Amit Kumar C Jain

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Abstract: To study the profile of patients undergoes breast surgery due to various pathology and the type of surgeries commonly done on breast in a teaching hospital. A cross sectional retrospective analysis was done in Department of Surgery at Rajarajeswari medical college, Bangalore, India. The study duration was 2 years. A total of 96 patients were included in this study. Most were 95 females (98.96%) (14.6%) and right breast was most common side involved (60.4%). Majority of them had unilateral involvement. Fibroadenoma was the common lesion encountered. Excision was the most common surgical procedure performed in 57.29%. Benign breast diseases are the commonest breast lesions in patients undergoing surgery for breast problem and fibroadenoma represents the commonest pathology.

Keywords: Breast, Fibroadenoma, Carcinoma

INTRODUCTION

Breast is a modified sweat gland composed of both epithelial and connective tissue element [1]. Breast is a dynamic organ that undergoes various physiological changes that are development, cystic changes, pregnancy, lactation and involution [2]. Breast diseases are most common ailments among woman [3]. The vast majority of the lesions that occur in the breast are benign [4] and the malignant lesions are quite less prevalent compared to benign ones [5].

However, lot of concerned is given to malignant lesion of the breast because breast cancer represents one of the most common malignancies in woman in western world [4]. We conducted a study to study profile of patients undergoing surgery and the pathological lesion seen in breast.

METHODS

A Descriptive retrospective analysis was done in Department of Surgery at Rajarajeswari medical college, Bangalore, India. The study duration was from May 2015 to April 2017. All patients who underwent breast surgery in our department were included in this study. Patients who refused surgery at our hospital were excluded from the study. Patients with missing data and files were also excluded from study. This study was approved by our Institutional ethical committee (RRMCH-IEC/81/2016-17).

RESULTS

A total of 96 patients were included in this study that fulfilled the above criteria. There were 95 females (98.96%) and one male (1.04%) in this study (Table 1).

Table-1: Showing distribution of cases according to the sex of the patients

Sl No	Sex	Number	Percentage
1	Male	01	1.04%
2	Female	95	98.96%
	Total	96	100%

The mean age was 38 years. 82 patients (85.41%) were married (Table 2) whereas 14 (14.6%) were unmarried.

Table-2: Showing the marital status of the cases

Sl No	Marital Status	Number	Percentage
1	Married	14	14.6%
2	Unmarried	82	85.41%
	Total	96	100%

Right breast was most common side involved (60.4%). Around 4 patients (4.2%) had bilateral breast lesion (Table 3).

Table-3: Showing the side of involvement of breast pathology

Sl No	Side Involved	Number	Percentage
1	Right	58	60.4%
2	Left	34	35.42%
3	Bilateral	04	4.2%
	Total	96	100%

7 patients (7.29%) had past history of breast problems with 5 patients having past history of fibroadenoma and 2 patients having breast abscess. Only one patient (1.04%) had family history of breast cancer.

Fibroadenoma was the common lesion encountered in this study (Table 4) with 47 patients (49%) followed by 23 patients (23.6%) with carcinoma breast and 12 patients (12.5%) with breast abscess.

Table-4: Showing distribution of cases according to breast pathology

Sl No	Pathological Lesion	Number	Percentage
1	Fibroadenoma	47	49%
2	Fibroadenosis	4	4.16%
3	Breast Abscess	12	12.5%
4	Duct Ectasia	2	2.08%
5	Antibioma	3	3.12%
6	Carcinoma	23	23.6%
7	Tb Mastitis	1	1.04%
8	Breast Lipoma	1	1.04%
9	Gynaecomastia	1	1.04%
10	Haematoma	1	1.04%
11	Nipple Discharge	1	1.04%
	Total	96	100%

Excision (lumpectomy) was the most common surgical procedure (Table 5) done in 55 patients (57.29%). 20 patients (20.8%) underwent modified radical mastectomy. One patient underwent simple mastectomy and one underwent toilet mastectomy. 15 patients had undergone Incision and drainage (15.63%). There was no mortality in these series.

Table-5: Showing the surgical procedures Done On Breast

Sl No	Surgeries Performed	Number	Percentage
1	Excision (Lumpectomy)	53	55.2%
2	Modified Radical Mastectomy	20	20.8%
3	Simple Mastectomy	1	1.04%
4	Toilet Mastectomy	1	1.04%
5	Quadrentectomy	1	1.04%
6	Incision And Drainage	15	15.63%
7	Hadfields Procedure	2	2.08%
8	Biopsy	3	3.12%
	Total	96	100%

DISCUSSION

Breast disease is a common condition encountered in a general surgeon's practice. Of all the conditions, benign breast disease is considered to be the most common breast problem encountered in females and is at least 10 times more common than breast cancer in the west [6, 7]. Globally, the benign breast diseases are the most common lesions accounting for 90% of the clinical presentation related to breast [7]. In spite of being common, benign breast disease is a neglected entity [8].

Surgical evaluation of the symptomatic patients is required in most patients and is done by triple assessment namely clinical examination, mammography and a breast biopsy [7, 9,10].

The most common complaints that are encountered in clinical practice are swelling and pain. In Gupta *et al.* series [2], the most common complaints were pain (66.25%) followed by lump (60%), whereas in Karia *et al.* series [9], the most common symptom was breast lump followed by pain (23.1%).

The most common lump encountered in various studies [2, 8, 9] was fibroadenoma. In our study also, fibroadenoma was the most common lump seen in 49% of patients. In Walia *et al.* series [3], carcinoma breast was reported to be 15.2% whereas in our series was 23.6%. In Abhijit *et al.* series [8], 90.1% had unilateral involvement with only 9.1% having bilateral involvement and most common side was right breast (47.3%). In our series, most common lesion was also on right side (60.4%) and only 4.2% had bilateral breast lesion.

In Chalya *et al.* series [7], lumpectomy was most common surgical procedure performed (85.2%). In our series too, lumpectomy (Figure 1) was the commonest surgical procedure (57.29%) followed by modified radical mastectomy (20.8%).



Fig-1: Showing lumpectomy being done for fibroadenoma

One limitation of this study was that we did not include the breast lesions that were managed conservatively in out-patient department.

CONCLUSION

From this study, we conclude that benign breast diseases are the commonest breast lesion in patients undergoing surgery for breast problems and fibroadenoma represents the commonest pathology. Most lesions in breast are unilateral with right breast being commonly involved. Lumpectomy is the commonest surgical procedure performed and there is no mortality in this series.

DECLARATIONS

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Conflict of interest – NONE

Ethical approval– The study was approved by ethical committee (RRMCH-IEC/81/2016-17)

Authors contributions

Dr Amit Kumar C Jain– Study design, Manuscript preparation, Critical revision and Final approval

Harshita jain

Data collection and Analysis.

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