

Male Mammography - An Incidental Finding: A Retrospective Study in a Tertiary Care Hospital

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ABSTRACT

Background: Awareness of early breast cancer detection in women through mammography study (diagnostic as well as screening) for diagnostic and direct approach to cross society (screening) with an early detection of breast cancer. But incidentally or coincidentally so many males underwent the Mammography for so many reasons. So those reports were analyzed retrospectively.

Methods: A retrospective study was conducted on 35 males aged 20-70 years, who underwent mammography procedures co-incidentally, during well planned study of early detection of breast cancer for women through mammography in 6 months in Era's Lucknow Medical College and Hospital from November 2015 to March 2016.

Results: Even though relatively seems to be small in number, is having lot of significance to that, as only few researchers carry out this type of study and Men hardly go for Mammography and even Medical fraternity hardly refers male for mammography. A total of 35 patients that too Men underwent mammography (X-ray base technique to detect early breast lesions and mainly breast cancer) along with high frequency sonography of each and every patient were carried out.

Conclusions: Our study of 35 patients nearly showed the 2 patients having very high suspicions of malignancy. So this retrospective analytical study concludes that even though

routine mammography screening (In female every year) is not required in male but definitely it will be an a useful tool in patients having any type of complain related with breast like pain, enlargement or both, may help a lot to diagnose breast lesions like calcification, gynecomastia and breast cancer in early stage (as a general rule breast cancer in male is diagnosed in late stage due to myth that breast cancer is not seeing in male, lack of self- awareness and coming in late stage with larger tumour size resulting you higher morbidity and mortality.

Keywords: Mammography, Men, Breast Lesion, Diagnosis.

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INTRODUCTION

Even though it was planned study for women to detect breast cancer and other breast lesions and or diseases through Mammography, coincidentally 35 men underwent Mammography study and those were analysed retrospectively and their findings are being presented for major cross section of Medical fraternity i.e. General practitioners.

METHODS

This Retrospective study was conducted on male patients aged 20-70 years in the department of Radio diagnosis at Era's Lucknow Medical College and Hospital for 6 months. Around 35 men who underwent mammography procedures co-incidentally, during well planned study of early detection of breast cancer for women through mammography in last 6 months in a tertiary care hospital. Those findings were analyzed and hereby are presented,

RESULTS

A total of 35 patients that too Men underwent mammography (X-ray base technique to detect early breast lesions and mainly breast cancer) along with high frequency sonography of each and every patient were carried out. Most men belong to the age group 31 to 40. Most of the men came of their own as they had some sort of breast enlargement that too one sided with or without pain. Nearly 12 patients had pain, lump or both in left breast and n=8 patients were having pain, lump or both in right breast. Nearly 15 patients had a very common complain of pain, lump in both the breast. When all the 35 men's findings their analysis they had variety of findings like Benign nodule and or adenoma in 1 case only, Gynecomastia (8), Fibroadenomas (2), Calcifications (1), Mastitis (2) and to the extent n=3 patients had very high suspicion of Malignancy.

Table 1: Age wise distribution.

S.No.	Age wise	No. of Patients
1	20-30	2
2	31-40	14
3	41-50	8
4	51-60	5
5	61-70	6
	Total	35

Table 2: Symptom wise distribution.

S.No.	Symptom wise	No. of Patients
1	Breast pain & / or lump in both breast	15
2	Pain, lump or both complaint in left breast	12
3	Pain, lump or both complaint in right breast	8
	Total	35

Table 3: Finding wise distribution.

S.No.	Finding wise	No. of Patients
1	Benign Nodule / adenoma	1
2	Gynecomastia	8
3	Neoplasm etiology / Malignant	3
4	Fibro adenomas	2
5	Calcification	1
6	Mastitis	2
7	No significant findings	18
	Total	35

DISCUSSION

Even though Mammography and high frequency independently are not the standard or routine test to be perform for detecting breast lesions and or breast cancer in men but if carried out in Men for any type of complain by Male of any age is likely to prove of some help at least in few but that few findings may imitate further workup and action planned in turn can save the life means in turn the family (as in most of the family's male is the key earner of family). So, this retrospective study was carried out deliberately and dedication to come to some conclusions (May be useful for few but of utmost importance) and findings were even though some were common but of rare nature like suspicion on malignancy with high accuracy anticipation will help a lot to male and in turn of family.

Even though Breast cancer is found to occur most commonly in middle-aged or old aged men. But Breast cancer in males is relatively rare and this is in accord with the general rule that cancer seldom occurs in vestigial organs.¹ Breast cancer is more often hormone receptor-positive in men than in women. Breast cancer occurs in males at relatively older age when compared to females and more often during the 5th to 7th decades of life,²⁻⁵ the main reason being late presentation and lack of self-awareness; men have more advanced disease at diagnosis and larger tumour size than women due to delayed diagnosis, resulting in a higher morbidity and mortality. The male breast does not have lobular and acinar structures.^{6,7} Breast cancer is the third most common malignancy in the world.⁸

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