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*Original Research Article*

# A Prospective Study on Incidence of Breast Lumps in the Department of Surgery

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## ABSTRACT

**Introduction:** World Health Organization reported that there were 14.1 million new cancer cases, 8.2 million cancer deaths and 32.6 million people living with cancer within 5 years of diagnosis worldwide.

**Methodology:** Data were collected on the bases of findings of history and clinical examination. Fine needle aspiration cytology (FNAC) was done in patients with palpable lump in breast and suspicious lesions. Suspected cases were sent for histo pathological examination.

**Result:** Most of the cancer patients were found in the 51-55 year age group. In this study, cyto-pathological features were occur, Fibroadenoma (54%), fibroadenosis (8%), Fibrocystic disease (4%), seb. Cyst breast (2%), gynaecomastia (0%), breast abscess (12%), mastitis (0%), ductal carcinoma (18%), paget disease of nipple (2%).

**Conclusion:** Benign breast lesions are more common among female population than malignant lesion; the frequency of breast cancer is increasing rapidly across the global.

**Keywords:** Fibroadenoma, Breast Lumps, Paget Disease, Mastitis.

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## INTRODUCTION

Breast cancer is the most commonly diagnosed cancer in women worldwide. In developing countries, it is the leading cause of death in women. The general approach to evaluate breast cancer is clinical examination, imaging techniques usually mammography, ultrasonography, or both, and histopathological assessment. Increased public awareness and improved screening are very important for earlier diagnosis and led to improved survival rates for women diagnosed with breast cancer.

Breast cancer is one of the most prevalent cancers in women. Due to increase in life expectancy, urbanization and adoption of western lifestyle, the cases of breast cancer is increasing in the developing country. World Health Organization reported that there were 14.1 million new cancer cases, 8.2 million cancer deaths and 32.6 million people living with cancer within 5 years of diagnosis worldwide.[1] A number of females visit the clinic with the common presentation of breast lump.[2]

The major symptoms of breast lump are swellings, protuberance, bulge or bump in the breast which feels different from the breast tissue in the same area of the other breast. A breast lump can be either benign or malignant. Though, most of the breast lumps are benign. As breast cancer is commonly presenting with a lump, so diagnosis of benign from malignant lesions is important. Worldwide, awareness is created about the significant role of breast lump in breast cancer. Fibro adenoma, fibrocystic disease, abscess, tumor and fat necrosis or malignant breast lump are the most common breast lumps. Most of the cases are related to burst lump which are presented to surgery departments. Brest cancer patients are always in a state of fear until they have undergone specialist assessment, investigations and eventual reassurance. A number of patients referred to a surgery department is said to have benign disease. [3-5] The most common of the benign breast diseases is fibroadenoma is. [6-9] The main aim of this present study is to audit the cyto-pathologic features of patients with breast lump hospital in India.

## MATERIALS & METHODS

### Study Population

Fifty cases included in this study which were attended with breast symptomatology.

### Study Area

This study conducted in LBKMCH, Saharsa, Bihar, India.

### Study Duration

The duration of this study was one year

### Data Collection

Data were collected on the bases of findings of history and clinical examination. Fine needle aspiration cytology (FNAC) was done in patients with palpable lump in breast and suspicious lesions. Suspected cases were sent for histo pathological examination.

### Data Analysis

Data were analyzed by using Microsoft excel.

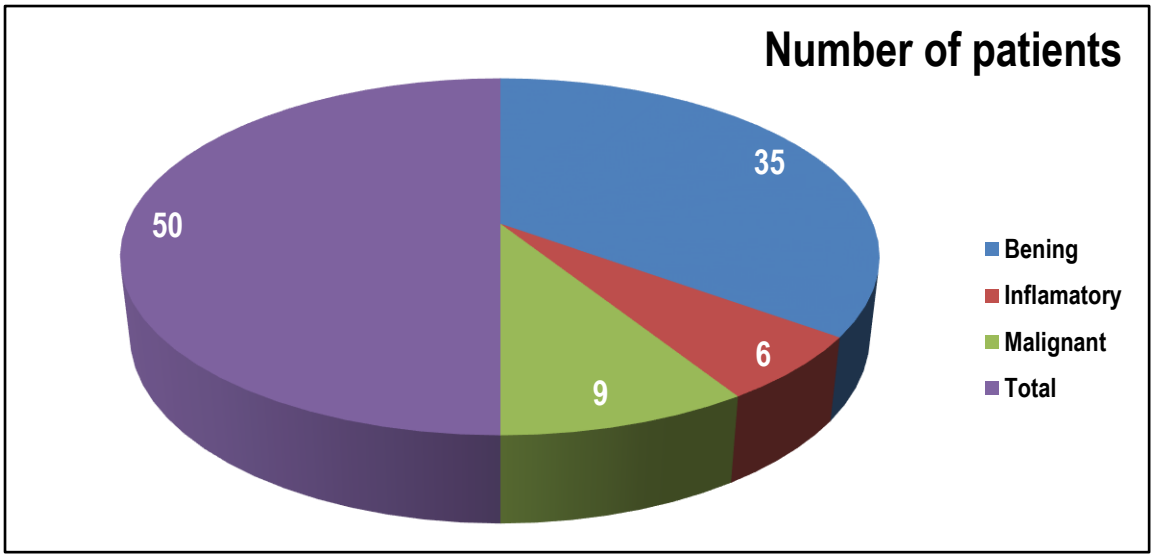


**Fig 1: Distribution of patient according to stage**

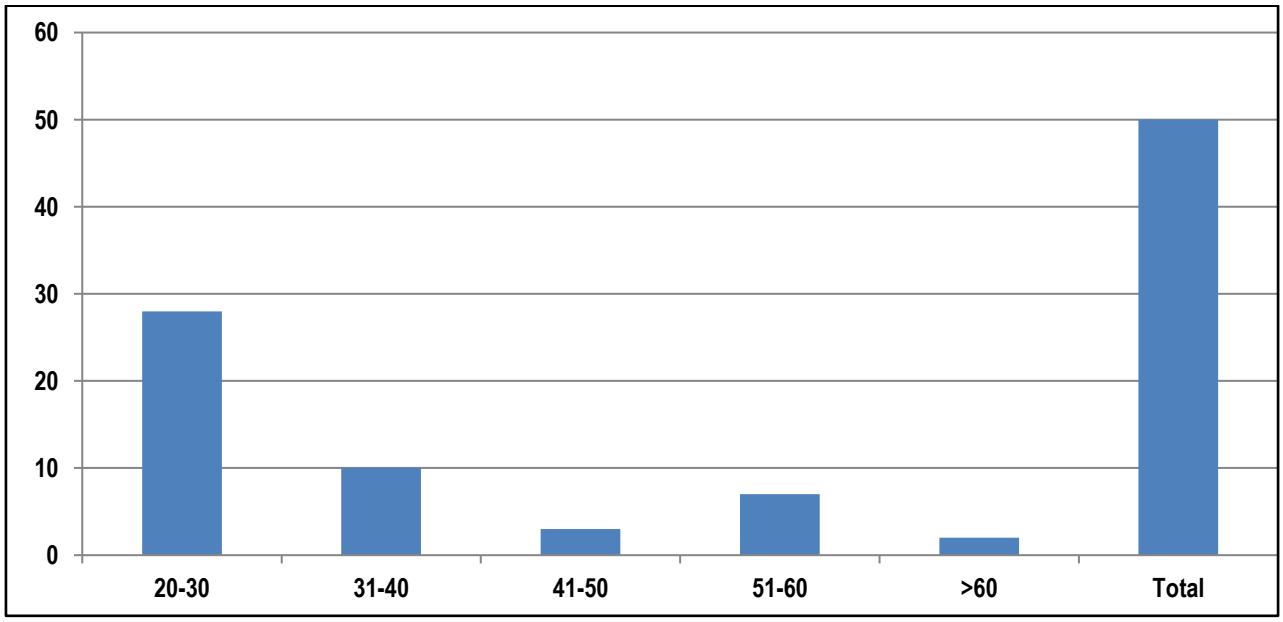


**Fig 2: Distribution of patient according to age**

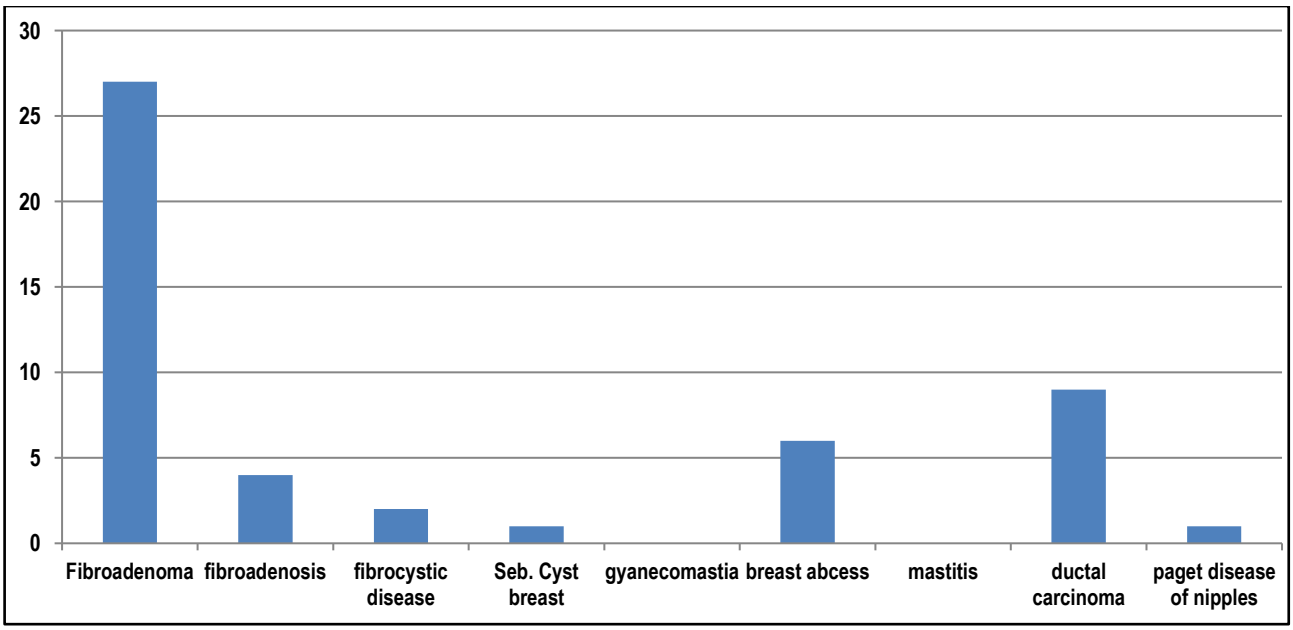


**Fig 3: Distribution of patient according to Cytopathology**

## RESULTS

The present study consisted of 18% cases of malignant out of 50 cases. The reason behind such finding is due to secondary hospital data and breast malignant cases are referred to medical college hospital from large surrounding rural, suburban and urban population.

Out of 50 cases, 35 belonged to benign lesions and 9 malignant and 6 were of inflammatory pathology. The ratio of benign to malignant breast disease was calculated as 4:1. Fibroadenoma 27 was the most common benign lesion.

Most of the cancer patients were found in the 51-55 year age group. In this study, cyto-pathological features were occur, Fibroadenoma (54%), fibroadenosis (8%), Fibrocystic disease (4%), seb. Cyst breast (2%), gynaecomastia (0%), breast abscess (12%), mastitis (0%), ductal carcinoma (18%), paget disease of nipple (2%).

## DISCUSSION

The youngest and the oldest patient included in the study were 20 years old and 60 years old respectively. Most of the breast cancer patients were found 51-55 year age group cases.

Benign conditions of breast cases are significantly higher than malignant conditions. M. Kumar et al.[10] observed that in Indian rural population the benign breast diseases are 5 to 10 times more common than breast cancers. Similar results were found in Aisha Memon et al study.[11]

In the present study, cases of benign breast lesions are 4 times more than cancerous lesions. It has been revealed by M. Kumar et al.[10] that incidences of benign breast diseases are common in developing countries but due to lack of awareness women disregard the breast lump. The delay in both benign and malignant lesions is associated with illiteracy, social taboo, unawareness of patients. Such delay in malignant lesions leads to poor prognosis.

In one of their study Aisha Memon et a**l.** [11] found 58.8% benign cases in 500 cases. While in another study Adesunkanmi et al.[12] in Nigeria revealed that 87.2% patients had benign breast lumps. The present study found 82% cases of benign lesions (including 13% inflammatory cases). Therefore, our findings were also supported by the findings of Adesunkanmi et al.[12] Vissa Shanthi et al.[13] studies.

Pradhan et al.[14] conducted a study in Nepal and observed that upto 15.5% cases were malignant. In another study Mayun et al.[15] reported that malignant lesions were diagnosed approximately 40%. This study found 9 (18%) cases malignant and 1(2%) case of paget's disease. Mortality and incidence is relatively lower in developing countries and other parts of globe in comparison to western population.[16]

## CONCLUSION

Although benign breast lesions are more common among female population than malignant lesion, the frequency of breast cancer is increasing rapidly across the global. It is important to screen females at a younger age to detect early breast cancer. Internationally mass awareness should be created regarding detection of early breast cancer and to foster knowledge about the medical and socio economic implications of a common public health issue.

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