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Research Article

**A STUDY ON THE OCCURRENCE OF BENIGN BREAST  
DISEASES****<sup>1</sup>Dr Touseef Ul Haq, <sup>2</sup>Dr Muhammad Usman Ali, <sup>1</sup>Dr Syed Ahtisham Anjam Gilani**  
<sup>1</sup>Chandka Medical College Larkana, <sup>2</sup>Gannan Medical University**Article Received:** November 2020 **Accepted:** December 2020 **Published:** January 2021**Abstract:**

**Objective:** Rate of occurrence of benign breast diseases in the female patients of benign breast diseases in three private hospitals of Mirpur Ajk.

**Methodology:** The female patients who were visiting the surgical units with various breast complications. This research work carried out in three private hospitals of Mirpur Ajk and the duration of this study was from 2018 to 2020. All the female patients having breast complication were the part of this research work. The patients having cancers, carcinoma and other dangerous abnormalities excluded from this research work.

**Results:** 275 patients were the participants of this research work. 44% participants were from twenty-one years to thirty years of age. 33% patients were from 41 to 40 years of age. The most frequent benign breast diseases were fibro adenoma which discovered in 75 participants. Fibrocystic disorder was the next common benign breast diseases which found in 57 participants.

**Conclusion:** Females suffer from different Benign Breast Diseases after achieving the age of puberty. The most common benign breast diseases are fibro adenoma which is available in the patients of 21 to 40 years of age. The next common disease was fibrocystic benign breast diseases. The incidence of this disease found increasing with the increase of the female ages.

**Key Words:** Benign Breast Diseases, Microscope, Tumours, Malignant, Participants.

**Corresponding author:****Touseef Ul Haq**

Chandka Medical College Larkana.

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**INTRODUCTION:**

A heterogeneous group of abrasions is the part of the benign breast diseases which is available with many common signs and incidentally, it is discoverable with the help of microscope [1]. All the non-cancer patients of the breast diseases included in the benign breast diseases as discharge from nipples and benign tumours. The cause and occurrence of the benign tumours change, those cannot increase the danger of developing cancer and abrasions which are the cause of 50% of cancer cases [2]. The mass of palpable, inversion of nipple, discharge and pain in nipples are the presentations of benign breast diseases. The complications due to the benign breast diseases are ignorable and ill treatable as well as compared to the malignant cases. But the fact is that a large number of breast abrasions are benign breast diseases and it gives the conclusion that a large number of abrasions are the result of benign breast diseases than the malignant cases [1, 3]. We found conclusion that 90% patients who are visiting the surgical units are suffering of non-malignant complications [4, 5]. So, it considered beneficial to conclude the range of benign breast diseases.

**METHODOLOGY:**

This study was carried out in three private hospitals of Mirpur Ajk and the duration of this study was from 2018 to 2020. All the females who were visiting the surgical units of these hospitals suffering of breast complications included in this research work. The patients found with malignancy or carcinomas separated from this research work.

Histories of the patients saved in record including age, age at the time of first pregnancy, age at the time of first menses and marital status. The patients whose

age was more than fifty years and they were free from menses from two years were postmenopausal. The background histories of the whole family regarding the diseases of breast were included in records. Elaborate check-ups of axilla & lump carried to find any symptom of malignancy in the participating cases. Ultrasonography /mammograms also carried out at the time of requirement. FNAC (fine needle aspiration cytology) carried out on the patients to confirm the presence of lumps. Biopsy complied on the patients who were not discoverable in the report of FNAC.

**RESULTS:**

275 patients were the participants of this study. 120 patients were 21 to 30 years of age, 33% participants were from 31 to 40 years of age, 11% patients were from 41 to 50 years of age and 10.5% patients were from 11 to 20 years of age. The most common benign breast diseases was fibro adenoma which had found in 75 patients. Fibrocystic benign breast diseases discovered in 57 patients. 45 patients discovered with breast abscess. 12% patients discovered with duct ectasia and mastalgia discovered in 31 patients. Duct papilloma discovered in 13 patients, galactocele discovered in 7 patients and tuberculosis mastitis discovered in 11 patients.

Most of the patients suffering of benign breast diseases were from 3rd and 4th decade of their lives. Patients from different age groups were suffering of different types of benign breast diseases. 57% patients of benign breast diseases found in the age group of 41 to 40 years of age. An elaborate description of the benign breast diseases in accordance with their age group is mentioned in Table-1.

**Table-I: Distribution of Being Breast Diseases in Various Age Groups**

S. No	Disease	Age (in years)					Total
		1 - 20	21-30	31-40	41-50	51-60	
1	Fibro adenoma	24	43	7	1	-	75
2	Breast Abscess	3	26	15	1	-	45
3	Mastalgia	2	14	11	4	-	31
4	Tuberculosis mastitis	-	6	4	1	-	11
5	Duct Papilloma	-	6	6	-	1	13
6	Galactocele	-	3	4	-	-	7
7	Duct ectasia	-	12	13	9	-	34
8	Fibrocystic diseases	-	10	29	15	3	57
9	Fat Necrosis	-	-	2	-	-	2

Total	29	120	91	31	4	275
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**DISCUSSION:**

Breast a very sensitive structure and different physical changes occur in its condition during various development periods. These occurrences of the physical variations generate an idea of ANDI (aberration of normal development and involution). It does not show that benign breast diseases are not occurring but this special term for those complications which are mild in nature. In this research, 82% patients of benign breast diseases were from 11 to 40 years of age with a high occurrence in the age group of 21 to 30 years of age.

The outcomes of this research work were similar to the research work of Out AA6 which showed that a large number of patients were from below 30 years of age. Ihekwa Proved in his research work that More than 80% cases of benign breast diseases were from 16 to 35 years of age in Western Africa [7]. Chaudhary also concluded the same occurrence of benign breast diseases in the age group of 3rd and 4th decade [8]. Dunn was showed different outcomes from the mentioned research works in which the average age of the patients of benign breast diseases was 50 years [9]. Fibro adenoma was the most frequent benign breast disease which was discovered in 75 patients. 75% of this disease fibro adenoma was found in the patient of age group of third decade of their life. These results were also proved by two other research works which described that the most common benign breast disease is fibro adenoma [10, 11]. Murillo found the 38% occurrence of fibro adenoma in his research work of six hundred and ninety-eight patients of benign breast diseases [4].

No disparity regarding the age of patients of fibro adenoma was noticed [8]. Most of the patients of this disease were in 4th decade of their life. Ali [11] & Rashid [10] also concluded that fibrocystic benign breast diseases were the second most frequent disease. Stern [12] concluded this disease as most frequent in the females of every age group especially females of the Middle Ages. Chaudhary in his research of 234 patients, concluded that this disease was the most common having maximum patients in the age group of 5<sup>th</sup> decade of life while Kamal concluded that 65% cases of this disease were 41 to 50 years of age 31-40 years [13].

16% patients were suffering of breast abscess in this research work and the high occurrence of this disease was in the patients of third decade of life. This complication was mostly found in the lactating

females after childbirth. Barton concluded in his research that bacterial mastitis was most common in the lactating breasts. The percentage of other benign breast diseases was different in different age groups in this research work as well as proved by different other studies. Smoking is discovered as a common cause of mammary duct ectasia. But this connection of duct ectasia and smoking was not discovered in this research work. Mastalgia is the cause of 25% referral to breast surgical units in the West and this disease affects 70% females in the lives at any time [9]. The highest rate of this disease was found in the age group of third decade of life. It is worldly acknowledged that prognosis for pure treatment with suitable anti-tuberculous therapy is outstanding to tackle these complications. The occurrence is below 0.1% of all breast abrasions in the modern countries and three to 4% in the countries which are under development.

**CONCLUSION:**

Benign breast diseases are very common abnormalities in the females who have reached at their age of reproduction. Pain in the breast, discharge from nipples and palpable lump are the main causes of the suffering in females, therefore, most of these females visits the hospitals. The most common benign breast diseases is fibroadenoma which is found mostly in the females of having twenty-one to forty year of age. The next most frequent benign breast disease is fibrocystic and its occurrence increases with the increase of age of the female.

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