The Pattern Of Benign Breast Diseases in Erbil Governorate Twenty One Year Experience

Abstract

Background: Benign breast diseases are the most common cause of breast problems. In our region more than 40% of women suffer from benign breast diseases and require treatment at some time in their lives. Benign breast diseases are ten times more common than breast cancer.

Objectives: to identify the pattern of benign diseases of the breast and to present our experience in dealing with them during last 21 year.

Methods: from Feb 1990 to June 2001, 30000 patients with different diseases of the breast were examined in our private clinic in Arbil, a good number of them disappeared or visited the clinic for several times (10000 patients). We were left with 20,000 patients seen regularly, among these, 510 patients had breast cancer and were excluded from the study, and we were left with 19490 patients.

Results: Among all the benign breast diseases, right breast involvement was more common (51%) while left breast involvement was involved in (39%) of the patients. Bilateral involvement was seen in (10%) of the patients. In pattern of benign breast diseases, mastalgia was the most common lesion constituting 40% (7796 patients) of cases followed by fibroadenoma 4872 cases (25%), cyst 1949 cases (10%).

Results: The age groups are ranged from 23 to 78 years old with a mean age of 48 years old. Most of the patients were less than or equal to 50 years old with a percentage of (60.5%). The leading tumor type was infiltrative ductal carcinoma (89.5%), and the other (10.5%) was diagnosed as lobular carcinoma. The majority of cases were of grade II with a percentage of 72%, followed by grade III (22.4%) and (5.3%) for grade I. The percentage of ER +ve breast cancer is (55%) followed by PR +ve (48.7%), and HER 2 over-expression is (30%). Stage IIA accounts for the majority of cases (40.8%) followed by stage IIB (31.6%), then stage IIIA (17.1%) and finally stage IIIB (10.5%). During the period of the study no stage I or stage IV were recorded. As shown in Table I.