THE COMMON CLINICAL PRESENTATIONS AND HISTOPATHOLOGICAL PATTERNS OF FIBROCYSTIC CHANGES OF THE BREAST IN SUDANESE PATIENTS

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ABSTRACT

Background:
Fibrocystic change of the breast is a common condition. Roughly 50% of women seeking evaluation for breast lumps have fibrocystic change. It mimics carcinoma clinically, radiologically, grossly and in its microscopic appearance, especially the proliferative type of the disease which has an increased risk for malignancy.

Design:
This is a laboratory based retrospective study.

Setting:
This study was carried out in Sudan- Khartoum State Laboratory Administration, department of histopathology, and National Public Health Laboratory during the period between January- 2010 and December- 2011.

Objectives:
To study the clinicopathological patterns of fibrocystic change in the study area from January 2010 to December 2011, correlating age and sex incidence.
Materials and Methods:

Histological sections of 130 biopsies from formalin fixed and paraffin embedded blocks were obtained and stained with H&E. The slides were thereafter examined by the authors under the light microscope to determine the histopathological pattern. The clinical information was obtained from the request forms in the records of the laboratory.

Results:

Of the 130 breast lesions histologically reviewed, it has been found that Fibrocystic change of breast is predominantly a disease of female (128 cases [98.5%]) with only 2 cases (1.5%) in males. The age range of patients with fibrocystic change was 15–65 years. About (31.5%) of patients lie between (15-25) years, (28.64%) were between (26-35) years, while only 3.85% of patients lie between 56-65 years. Of the biopsies studied breast mass was the common presenting symptom found in 122 patients (93.8%). In relation to site left site involved in 38 patients (29.2%), right breast in 33 patients (25.4%), bilateral involvement in 7 patients (5.4%) while in 44 patients (33.8%) the site was undetermined. Regarding the type of biopsies 111 (85.4%) were excisional biopsies. Considering the histopathological patterns of the disease fibrosis was found in (97.7%) of patients, cyst in (96.9%), adenosis in (92.3%), apocrine metaplasia in (34.6%) of patients, epithelial hyperplasia in (42.6%) of patients, papillomatosis in (11.5%), sclerosing adenosis in (10%) of patients, chronic inflammation in (79.2%), while only (5.4%) of patients had calcification. Incidence of apocrine metaplasia among different age groups revealed that 17 patients (majority of patients) lie between 15–25 years while only 3 patients lie between 56–65 years. Forty one patients with non proliferative fibrocystic change their age lie between 15–25 years and only 5 cases were between 56-65 years of age. In patients with proliferative fibrocystic change 15 of them (majority) lie between 15–25, while only 3 cases between 56–65 years. Eight patients (25%) with epithelial hyperplasia lie between the ages 15–25 years while only 3 patients (9.4%) were between 56–65 years of age.

Conclusion:

In spite of being a disease of females 2 cases of fibrocystic like change in male sex were found in my study. The disease commonly affects younger age and incidence decrease with an increase in age in both proliferative and non-proliferative type of the disease. Apocrine metaplasia is found in 34.6% of cases and peak between 2nd and 3rd decade. Breast mass is the common presentation affecting predominantly the left side. Most of biopsies are excisional. Fibrosis, adenosis and cysts are the common histopathological pattern encountered in non proliferative type while epithelial hyperplasia is the dominant pattern in the proliferative type of the disease.

Key words: Fibrocystic, Breast, Sudan