

Histopathological Spectrum of Benign Breast Lesions

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Abstract

Background: Breast carcinoma is the leading cause of carcinoma deaths in women. Sometimes it is difficult to differentiate between a premalignant lesion and a malignant lesion. Therefore, early recognition is critical from the point of view of therapy and prognosis. **Methods:** A Detailed history, clinical findings, and radiological parameters were noted from the patients admitted to the surgical ward. The specimens were fixed in formalin, processed, and embedded in a paraffin wax block. Sections of 3-micron thickness were affixed on slides. The former was stained with hematoxylin and eosin (H&E) stains H&E-stained slides were examined thoroughly and a provisional diagnosis of each case was performed. Morphometric analysis was done on H&E- stained histological and they were analyzed. **Results:** Benign lesions included fibroadenoma 55.79% the commonest followed by fibrocystic disease 11.58%, benign phyllodes tumor 9.47%. Chronic mastitis, granulomatous mastitis, gynecomastia, breast abscess, intraductal papilloma, sclerosing adenosis, tubular adenoma, mammary duct ectasia, galactocele, and lactating adenoma. **Conclusion:** The incidence of benign lesions in this study was 79.16% and malignant lesions were 20.83%. Of the benign lesions, the most common were fibroadenoma and fibrocystic disease. The incidence of inflammatory conditions was 12.63%. Breast lesions are a common presentation in the young age group and are a cause of concern for the patient because of the possibility of malignancy. Therefore, all young females must be educated regarding self-breast examination seeking a diagnosis in cases of detection of masses in the breast by mammography and biopsy.