AN AUDIT OF FIBROADENOMA CASES
K de Silva, HA Amaratunga, SPM Peiris, A de Silva

Oncosurgical Unit Teaching Hospital Kandy
Department of Anatomy, Faculty of Medicine, Peradeniya

Background
Fibroadenoma is a disease affecting young females. Often it requires surgical removal and histopathological investigation.

Objective
To describe the age, presentation, use of oral contraceptives and the age at menarche in patients with fibroadenoma presenting to the Oncosurgical Unit Teaching Hospital Kandy.

Methodology
483 records of females diagnosed with fibroadenoma (FA) at the unit were analyzed.

Results and Discussion
The average age of the group was 26.8 ± 9.5. Fifty seven percent of the cases were seen in the age group 16 to 25. The average age is slightly higher than values observed in studies done in other countries. The number of cases was seen to decline with the increase in age as seen in other studies. Ninety five percent of the patients (460) presented with a lump. Fourteen patients presented with painful lumpiness and 9 patients with pain alone. Studies abroad show similar values with regard to frequency of presenting symptoms. The clinical impression in 12 patients (2%) was suspicious of malignancy. However histopathological studies revealed the lesions to be FAs. Therefore 98% of the time the clinical impression was correct. The average age at menarche was 13.5(± 1.6) which is slightly higher than the normal population. Most patients were menstruating (98.2%). This is compatible with the finding that incidence of FA reduces significantly after menopause. Twenty three patients (4.7%) were using oral contraceptive pills. Studies have shown that use of oral contraceptives reduces the risk of benign breast disease. Forty patients had a positive family history of breast disease, 22 of whom had a first degree relative with breast cancer. There is conflicting evidence about the increased risk of breast cancer in patients with FA.

Conclusions
The average age for FA is slightly higher than figures in other countries. Frequency of FA reduces with the increase in age. Clinical impression is very sensitive in diagnosing FA. All most all cases of FA are seen in menstruating women. Four point five percent of patients with FA had a positive family history of breast cancer and there is a need to follow up these patients.