

# The Profile of Breast Disease in Patients with Mastalgia

## Audit of Breast Clinic in Mosul.

*Hisham A. AL-ATRAKCHI FRCS, Professor of Surgery.*  
Karam K. Younis, FICMS. Khalaf R. Jadoa, FICMS.

Department of Surgery, College of Medicine, University of Mosul,  
Mosul Teaching Hospital, Mosul, Iraq.

Mobile 00964 7701633644

[hatrak4@yahoo.com](mailto:hatrak4@yahoo.com)

---

### ABSTRACT

**Background and Objectives:** Mastalgia, mastodynia, and mammalgia are names for a symptom: pain in the breast. This common problem seen in the west, finds little mention in this country and the rest of Arab countries. The purpose of this study is to report the pattern of various breast diseases amongst women presenting with mastalgia to a breast clinic; and emphasizing their assessment and treatment.

**Patients and Methods:** Records of 682 female patients who presented with mastalgia-with or without lumpiness, to the breast clinic (between August 2002 and March 2004), were reviewed. It is the policy of the clinic to guide patients with mastalgia to fill the Cardiff daily breast pain chart: these were all reviewed also. All patients were examined clinically and by ultrasound. Mammography and histopathological examinations were done to patients with equivocal or suspicious clinical and ultrasonographic results.

**Results:** The mean age of patients was 38 years. Cyclical breast pain was reported in 422 patients (62%), normal breast nodularity in 154 (22%), Inflammatory lesions in 40(6%), benign breast pathology in 56 (8%), benign tumors in 6 (less than 1%), and malignant tumors in 4 (less than 1%).

**Conclusion:** Breast pain is a common problem in the breast clinic. This study showed that cyclical breast pain and nodularity represent the commonest conditions, followed by benign and inflammatory lesions. Breast pain needs to be evaluated –as with many other medical problems, by good history (including breast pain chart) and thorough examination. To be followed by imaging and histopathological assessments. Surgeons evaluating breast pain should have more rational criteria in using further sophisticated, expensive and invasive tests.