



MULTIPLE FIBROADENOMAS IN WOMEN: A SYSTEMATIC REVIEW OF LITERATURE

Ishaan Shinde, Aarsh Gajjar

Seth GS Medical College and King Edward (VII) Memorial Hospital, Mumbai, India

INTRODUCTION

Fibroadenomas are a prevalent form of female breast tumors, with a higher incidence in the reproductive age group. While most lesions are solitary, multiple tumors are observed in 15-20% of patients.

AIM: Given the limited published literature on multiple fibroadenomas, this study aims to expand this knowledge base and offer insights into the condition, its prevalence, and management.

MATERIALS AND METHODS

The Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) was followed.

A systematic review was conducted on the software program Rayyan with the search term "multiple fibroadenomas" from inception to August 2023, including the databases Ovid MEDLINE(R), Epub Ahead of Print, Scopus, and Google Scholar.

RESULTS

433 records were identified after the primary search, of which **32 suitable articles** were selected (Figure 1C).

The **mean age** was **24.9 years**, (minimum 11 years and maximum 49 years). **Bilateral incidence** was **more common** than unilateral. The maximum number of masses seen in a single patient was more than 100.

Histological analysis and **Fine Needle Aspiration (FNA)** were the most common **diagnostic tools** (Figure 1B). Three patients were identified by Radiology and two by Clinical Examination.

Surgical Resection and **Mastectomy** were the most common **interventions** (Figure 1B). Two patients underwent axillary tissue resection and one received Bromocriptine prior to resection. Another underwent 8-gauge vacuum-assisted excision.

CONCLUSION

The underlying causes remain unclear and are believed to be multifactorial. This report offers an overview of the disease demography and applied interventional strategies.

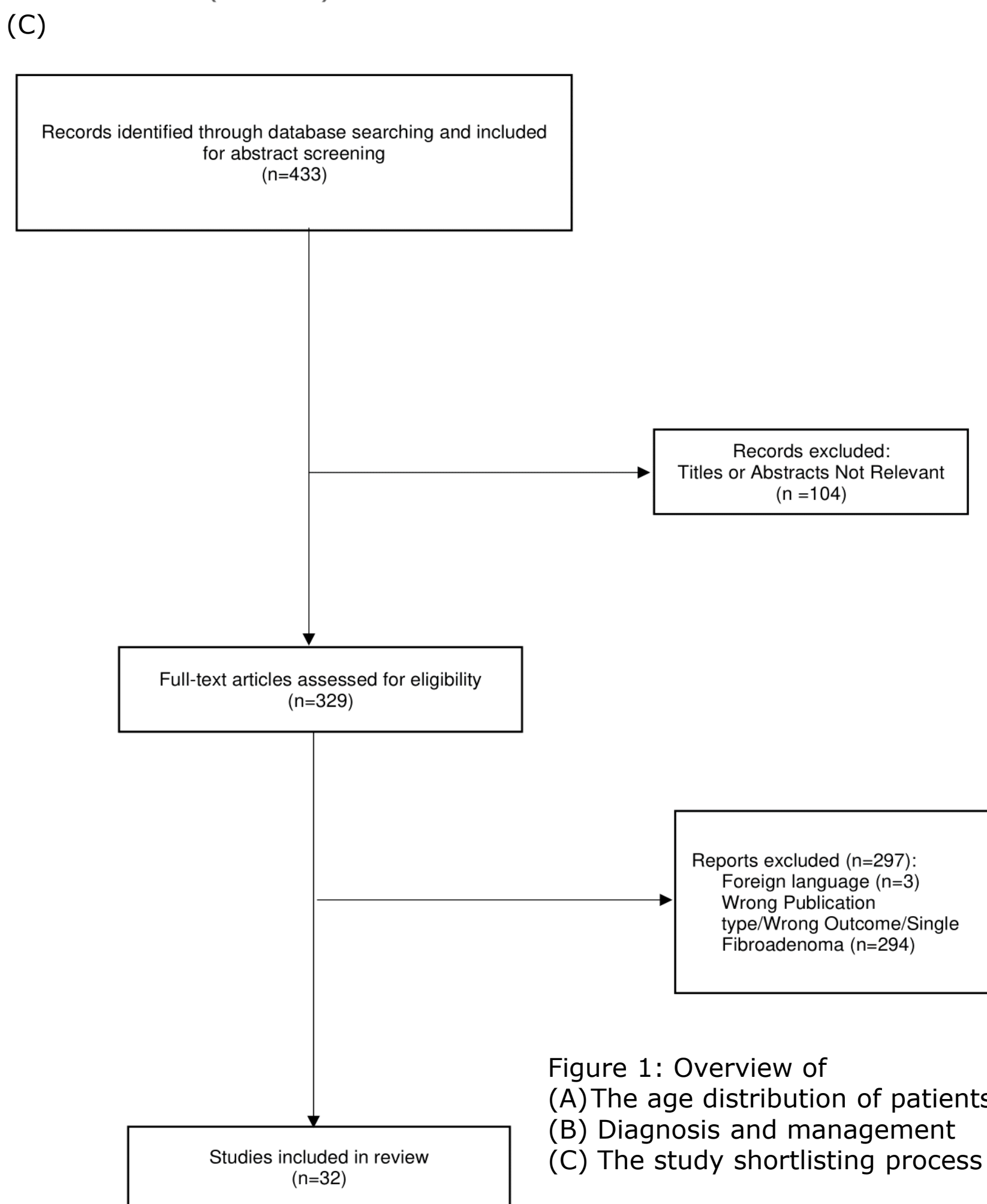
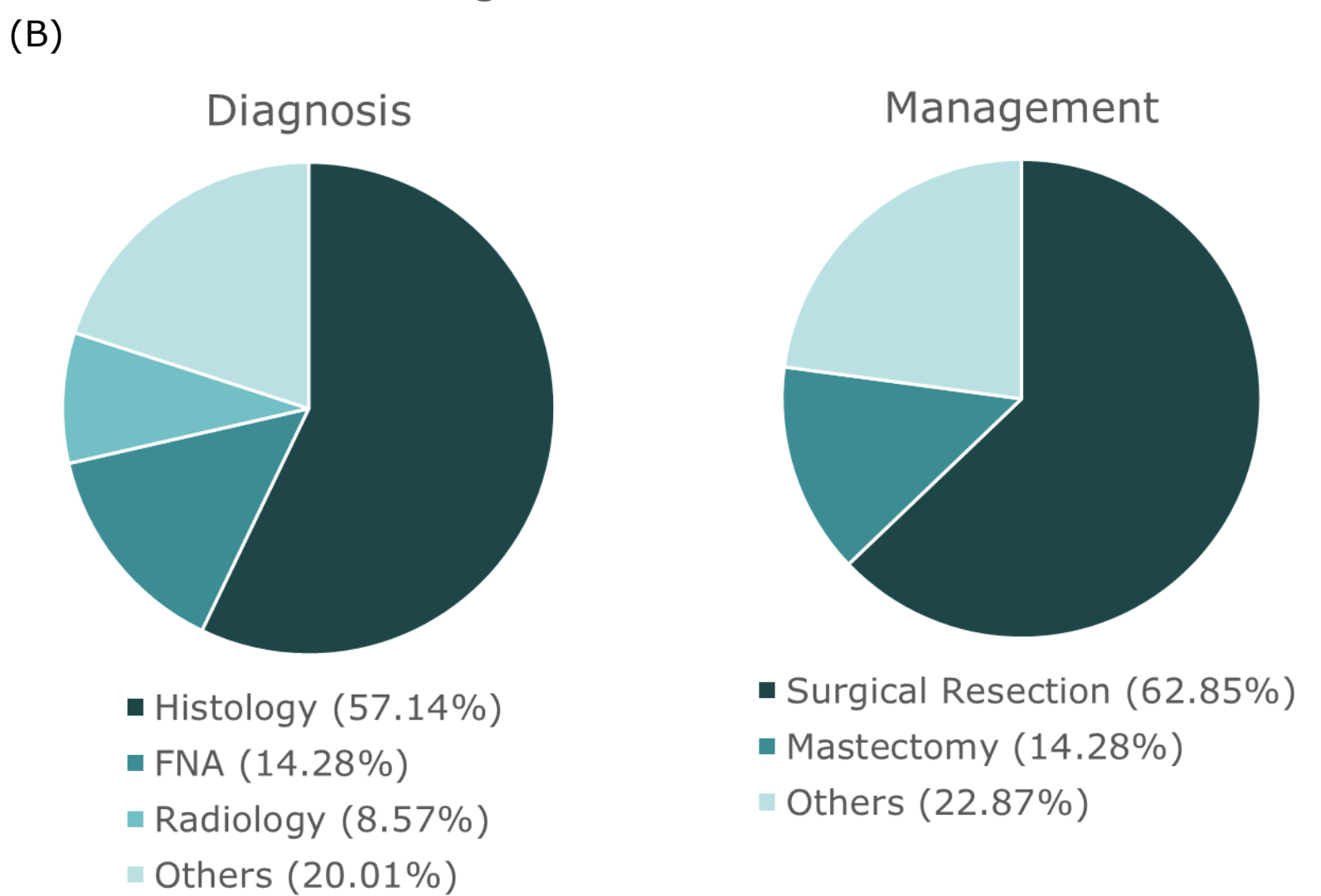
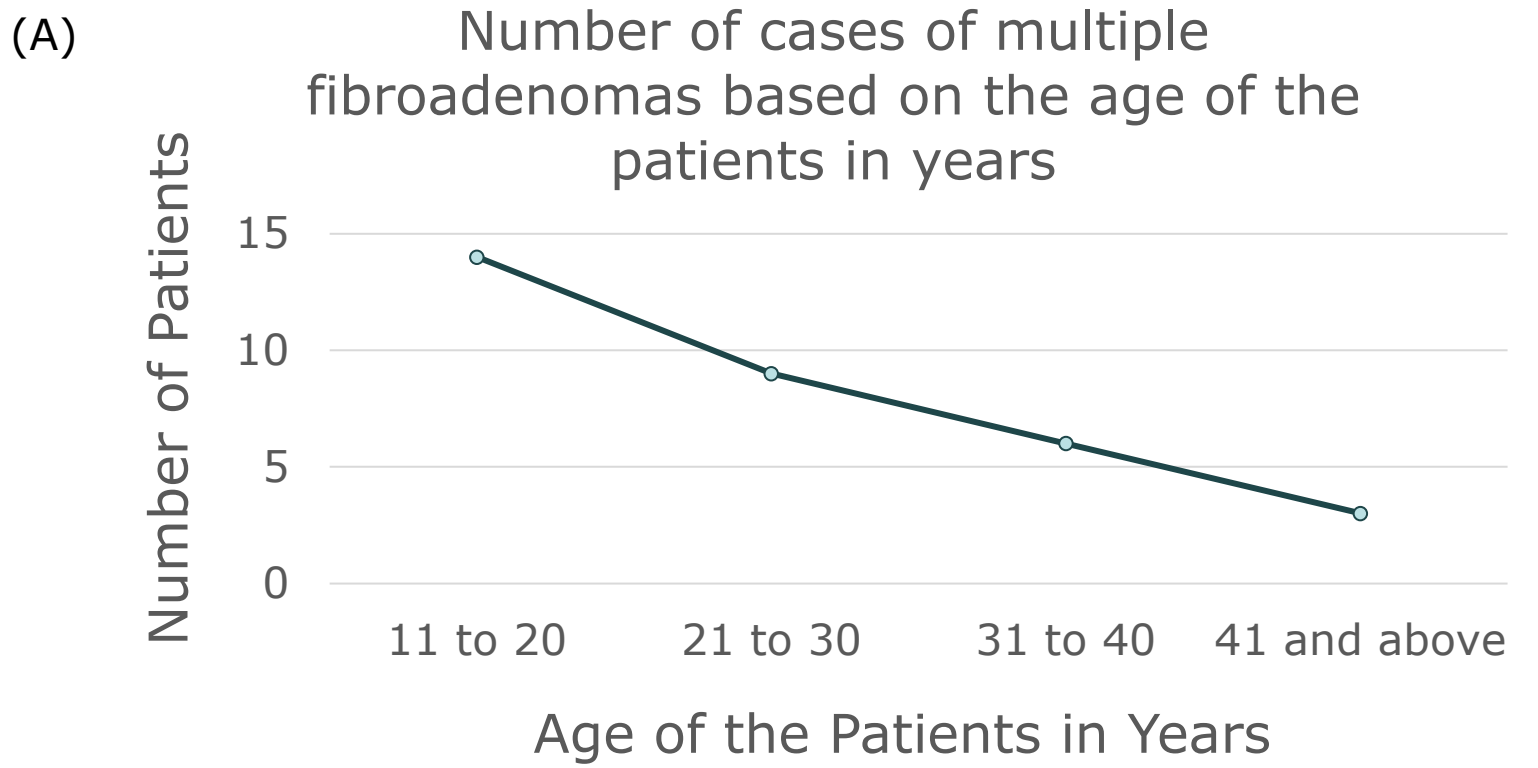


Figure 1: Overview of (A) The age distribution of patients (B) Diagnosis and management (C) The study shortlisting process