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Sonographic Evaluation of Nigerian Women with Mammographic Focal Asymmetric Density

Évaluation Échographique des Femmes Nigérianes Présentant une Densité Asymétrique Focale à la Mammographie.

¹D. U. Itanyi, ²H. Ibrahim, ²W. O. Ka'alu

ABSTRACT

BACKGROUND AND OBJECTIVE: Focal asymmetric breast densities (FABD) present a diagnostic challenge concerning the need for a further histologic workup to rule out malignancy. We therefore aim to correlate ultrasonography and mammographic findings in women with FABD and evaluate the use of ultrasonography as a workup tool.

METHODOLOGY: This is a retrospective study of women who underwent targeted breast sonography due to FABD with a mammogram in a private diagnostic centre in Abuja over three years (2016-2018). Demographic details, clinical indication, mammographic and ultrasonography features were documented and statistical analysis was done using SAS software version 9.3 with the statistical level of significance set at 0.05.

RESULT: The age range of 44 patients was 32-69 years with a majority (79.5%) presenting for screening mammography. The predominant breast density pattern in those <60 years was heterogeneous (ACR C). FABD in mammography was noted mostly in the upper outer quadrant and retro-areolar regions (34.1 and 38.6%). Ultrasonography findings were normal breast tissue (56.8%), 4 simple cysts, 1 abscess, 4 solid masses, 2 focal fibrocystic changes, and 4 cases of duct ectasia. Twenty-nine (65.9%) of the abnormal cases were on the same side as the mammogram, while all the incongruent cases were recorded in heterogeneously dense breasts (ACR C). Final BIRADS Scores on USS showed that 41(93.2%) of mammographic FABD had normal and benign findings while only 2(4.6%) had sonographic features of malignancy.

CONCLUSION: Breast ultrasonography allows for optimal lesion characterization and is a veritable tool in the workup of patients with focal asymmetric breast densities with the majority presenting as normal breast tissue and benign pathologies.

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KEYWORDS: Breast, Focal asymmetry, Ultrasound, Mammography

RÉSUMÉ

CONTEXTE ET OBJECTIF: Les densités asymétriques mammographiques focales mammographiques, FABD présentent un défi diagnostique en ce qui concerne la nécessité d'un examen histologique supplémentaire pour exclure une tumeur maligne. Nous visons donc à corréliser les résultats échographiques et mammographiques chez les femmes ayant une densité mammaire focale asymétrique et à établir la nécessité d'un bilan plus approfondi.

METHODOLOGIE: Une étude rétrospective de 44 femmes ayant subi une échographie ciblée du sein en raison de FABD à la mammographie dans un centre de diagnostic privé à Abuja sur trois ans (2016-2018) Les détails démographiques, les présentations cliniques, les caractéristiques mammographiques et échographiques ont été documentés et analysés statistiquement fait à l'aide du logiciel SAS version 9.3 avec un niveau de signification statistique fixé à 0,05.

RESULTAT: la tranche d'âge des patients était de 32 à 69 ans (SD 1), la majorité (79,5%) se présentant pour une mammographie de dépistage. Le schéma de densité mammaire prédominant chez les moins de 60 ans était hétérogène (ACR C). FABD en mammographie a presque la même distribution dans le quadrant externe supérieur et les régions rétroaréolaires (38,4 vs 36,8%). Les résultats échographiques étaient: tissu mammaire normal (65,9%), 4 kystes simples, 1 kyste complexe, 4 masses solides, 2 fibrokystiques focales et 4 cas d'ectasie canalaire. 29 (65,9%) des cas anormaux étaient du même côté que la mammographie, alors que tous les cas incongruents ont été enregistrés dans des seins denses de manière hétérogène (ACR C). Les scores finaux BIRADS sur USS ont montré que 41 (93,2%) des FABD mammographiques avaient des résultats normaux et bénins, tandis que seulement 2 (4,6%) avaient des caractéristiques échographiques de malignité.

CONCLUSION: L'échographie mammaire permet une caractérisation optimale des lésions et constitue un véritable outil dans le bilan des patientes présentant des densités mammaires asymétriques focales dont la majorité se présente comme un tissu mammaire normal et des pathologies bénignes. **WAJM 2024; 41 (3): 233 - 237.**

MOTS CLES: sein, asymétrie focale, échographie, mammographie

¹University of Abuja Teaching Hospital, Gwagwalada, Federal Capital Territory, Abuja Nigeria

²Medicaid Radiodiagnostic Center, Federal Capital Territory, Abuja Nigeria

Corresponding author: *Itanyi Ukamaka D, University of Abuja Teaching Hospital, Gwagwalada, Federal Capital Territory, Abuja Nigeria.

Email: Ukamaka.dorothy@uniabuja.edu.ng; Telephone: +234(0)8033240270

Abbreviations: FABD: Focal asymmetric breast density; USS: Ultrasound; ACR: American College of Radiology; BIRADS: Breast imaging reporting and database system