



SPECTRUM OF BENIGN AND MALIGNANT BREAST LESIONS IN ONE-STOP BREAST CLINIC AT GMCTH: A RETROSPECTIVE ANALYSIS



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ABSTRACT

This retrospective study evaluated 1067 women attending the One-Stop Breast Clinic at GMCTH, assessing the spectrum and clinicopathological patterns of benign and malignant breast lesions. Benign lesions predominated (94.7%), with fibroadenoma being the most common (60.0%) and malignancy accounted for 5.3% and was more frequent in women >40 years. Invasive ductal carcinoma was the most common malignant histological subtype (61.4%), highlighting the role of One-Stop Breast Clinics in rapid assessment and early diagnosis of breast cancer.

OBJECTIVE

- To evaluate the spectrum and clinicopathological patterns of benign and malignant breast lesions at the GMCTH One-Stop Breast Clinic, highlighting its role in rapid triage and early diagnosis of breast cancer.

RESULTS

A total of 1067 female patients attended the breast clinic during the study period. The mean age was 35.5 ± 11.2 . The majority (n=1010) 94.7% had benign breast lesions, whereas (n=57) 5.3% were diagnosed with malignant lesions. Among the benign lesions, fibroadenoma was the most common subtype (n=606) 60.0%, followed by other benign lesions (fibrocystic disease, mastitis, breast abscess, galactocoeles and ductal ectasia) 40.0%. The primary clinical complaint with which patients presented was Mastalgia (70.0%). Malignant lesions were predominantly observed in women aged >40 years, with Invasive Ductal Carcinoma (n=37) 61.4% identified as the most frequent histological subtype.

CONCLUSION

Early diagnostic interventions are crucial to reduce delays in breast cancer diagnosis. Based on the favorable diagnostic efficiency observed at GMCTH, we advocate for the widespread establishment of similar breast clinics across the city to improve timely and equitable access to prompt diagnostic workup. Adequate staffing and resources are crucial for effective early detection and better outcomes.

INTRODUCTION

Breast cancer is the most commonly diagnosed cancer in women worldwide, highlighting the need for rapid and accurate diagnosis. The One-Stop Breast Clinic combines clinical examination, imaging, and tissue sampling in a single visit, enabling faster diagnosis and reducing patient anxiety. This retrospective study at GMCTH over one year assessed the frequency of benign and malignant breast lesions and their age-related patterns. Clinical findings were correlated with histopathology, while triple assessment was used to distinguish inflammatory and benign conditions from breast malignancy.

METHODOLOGY

Study Design:

Retrospective Observational Study

Setting:

One Stop Breast Clinic at GMC Teaching Hospital, GRW

Period:

From October 2024 to September 2025

Material & Methods:

Study was conducted by reviewing medical records of 1067 patients. Descriptive statistical analysis was performed to summarize the findings

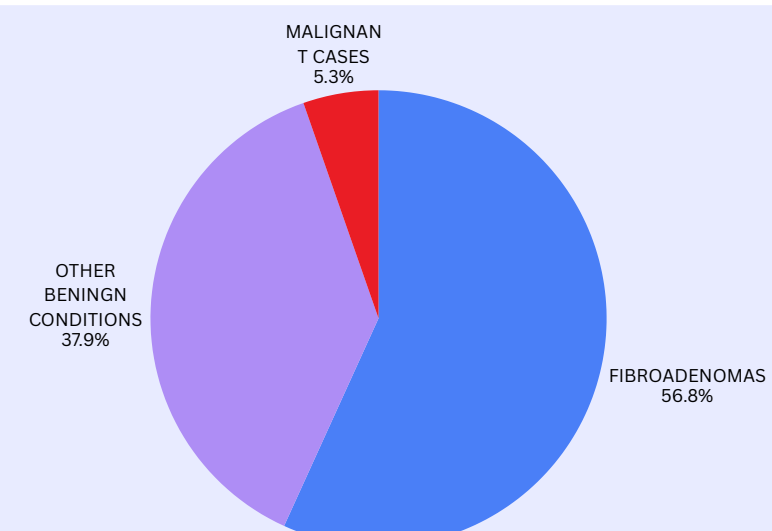


Figure 3: Pie chart explaining the distribution of benign and malignant cases

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