

BENIGN BREAST DISEASE

Nomenclature

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The nomenclature of benign breast disease in the past has been confusing owing to the use of a variety of terms - namely , fibrosis, adenosis, epitheliosis, fibroadenosis and fibrocystic disease - for clinical patterns of pain, nodularity , benign lumps and nipple discharge. However, such terms do not relate to clinical or histological features. Most benign disorders are derived from minor aberrations of the normal process of development, cyclical hormone-related change and involu - tion. To address this confusion, the concept of Aberrations of Normal Development and Involution (ANDI), developed and described by the Cardi ff Breast Clinic in the UK, helps in better understanding and treatment of benign breast disease.

Figure 58.10 Positron emission tomography showing hot spots in the left breast and in axillary lymph nodes in (a) transverse and (b) /uni00A0 coronal view.

The breast is a dynamic structure that undergoes alterations due to the cyclical changes in oestrogen and progesterone in every menstrual cycle. These hormones act as growth factors on the epithelial and stromal cells of the TDLU (The pathogenesis of ANDI involves disturbances in the breast physiology extending from a perturbation of normality to well-defined disease processes.

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