

# Clinical features

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The most common manifestations of ANDI are breast pain and benign nodularity . The breast pain usually follows the menstrual cycle, appearing around day 14 and increasing in severity until day 28, when it becomes severe (cyclical pronounced mastalgia with premenstrual exacerbation). Nodularity or lumpiness may be either localised or spread Alexander Tietze , 1864–1927, Professor of Surgery , Breslau, Germany (now Wrocław , Poland), described this condition in 1921. conspicuous in the upper outer quadrant. The nodularity may be cyclical, appearing 1–2 weeks prior to menstruation and regressing with the onset of the menses. A discrete lump in the breast is commonly a fibroadenoma in the young and a cyst in 58.1 ). the middle-aged.

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