

# Prevalence of Mastopathy among Women of Tashkent City

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## Abstract

On average, ¼ women appealing to the clinic with benign breast diseases have mastopathies which has a tendency to progress in the last five years. Out of the total incidence of women with mastopathy has a leading place in: diseases of the genitourinary system, endocrine disorders of nutritional and metabolic systems, diseases of the digestive organs, blood and blood-forming organs, respiratory organs.

**Keywords:** Mastopathy; Pathology; Oncology; Disease structure

## Introduction

Mastopathy is the most common benign breast pathology. Currently mastopathy affects about 20% of women over 20 years of age and 40% of women older than 40 years. Mastopathy often develops on the background of chronic inflammatory processes in the genital organs, dysfunction of the ovaries, thyroid disorders, functional disorders of the nervous system [1-3], so treatment and prevention efforts must begin with eliminating the causative factor.

## Objective

Aim of the research is to assess the prevalence of mastopathies and assessment of the overall morbidity of women suffering from mastopathy.

## Research Materials and Methods

Negotiability of women about breast pathology and the prevalence of mastitis in the dynamics in the last five years (2011-2015 years) were studied leaning on statistical records of the city Oncology Center in Tashkent. To assess the overall morbidity of women with mastopathy analyzed the results of medical examinations made in the medical records of women. In order to identify suspected risk factors for mastitis conducted a survey of women. Taken results processed by the method of variation statistics.

## Results and Discussion

Results of the study negotiability of women in the city Oncology Center about breast pathology indicate that appealing of women to oncology clinic is increasing annually (Table 1). But here negotiability of women about benign breast pathologies does not change in dynamics, but the appealing about mastitis, especially fibrocystic tends to rise. We drew attention to the negotiability of women for breast cancer. This rate ranged from 3.8 to 4.8% of all those who applied to the city Oncology Center. The survey interviews of these women showed that 67.1% of them had suffered a mastopathy.

Next, we studied casualties of mastopathy of women, depending on age. In most cases the disease (27.18%) was observed at 40-49 ages. Next place ranking occupied the age of 30-39 years (23.9%), the lowest proportion of mastitis was recorded at the age of 60 years and older (14.12%). Therefore, mastopathy occurs more in women in the most active working age (30-49 years). In our opinion, this may be due to their more passive reproductive function during employment: decreasing of birthrate and limiting or even cessation of breastfeeding. Certain regularity we also found in the study of women's diseases seasonality of mastopathy (Figure 1).

Thus, the largest number of complaints about mastitis in the studied years (2011-2015 years) were in March (45.4), April (53.2), September (41.3), October (50.0) and November (44, 0), while the average number of diseases registered during the year 39.0. Consequently, the incidence of mastopathy in women living in Tashkent has certain seasonality. Most often the disease recorded in the spring and autumn periods of the year, with the peak incidence occurs in April (53.2) and October (50.0). Certain seasons of mastopathy incidence appears to be related to climate change, a change in weather conditions, the reactivity of the body of women and their way of life in different periods of the year. Thus, planning preventive measures for primary and secondary prevention should take into account the seasonality of disease mastopathy.

The increasing of incidence of breast pathology particularly mastopathy cannot not reflect on the general state of women's health, their quality of life. The method of random sampling among women coming for the mastitis we studied their overall morbidity in dynamics for five years. The sample was 20% of the number of applicants in Oncology clinic that were representative in relation to the general population and made it possible to obtain accurate, reliable results about the overall incidence of women in classes of disease age and years in the dynamics.

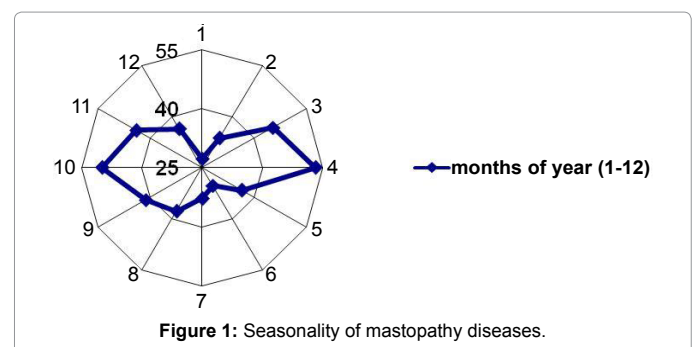


Figure 1: Seasonality of mastopathy diseases.

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Received December 31, 2018; Accepted January 07, 2019; Published January 14, 2019

Citation: Toshmatova GA (2019) Prevalence of Mastopathy among Women of Tashkent City. J Oncol Res Treat 4: 129.

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Appealability and its reasons	Study year				
	2011	2012	2013	2014	2015
Overall appeals abc.	9190	9754	10650	11781	13191
Primary (%)	78,4	63,4	67,7	56,9	62,2
Iterative (%)	21,6	36,4	32,3	43,1	37,8
About benign diseases of breast pathologies in percentage from general number of appeals	58,6	60,2	58,0	58,0	58,4
Out of them about mastopathies(%)	60,6	63,9	64,8	76,4	88,0
Fibrous-cytousma stopathies	26,8	28,0	32,4	32,5	37,9

Table 1: Appeals of women about pathologies of breast in the city oncology center (2011-2015 years).

The study showed that the level of overall morbidity women mastopathy was 1590,3‰. The structure and the level of general morbidity of women with mastopathy ranks first diseases of the genitourinary system (17.4% and 276,4‰), the second Endocrine, nutritional and metabolic diseases (13.8% and 219.4‰), third diseases of the digestive system (10.7% i169,7‰), the fourth disease of blood and blood-forming organs (10.2% and 162.4‰), the fifth largest of the respiratory system (7.5% and 118.8‰) (Figure 2). On the listed 5 classes accounted for 59.6% of all diseases of women with mastopathy.

Our study once again confirmed that the mastopathy is pluricausal disease, the development of which contributed by adverse environmental factors, unhealthy lifestyle, the presence of chronic inflammatory processes in the pelvis and genitals diseases [4].

The level of general morbidity of women with mastopathy, studied for years tended to increase (Figure 3). In 2011 the overall incidence of women with mastopathy, amounted to 1327.3 cases in 2015 increased to 1806.1 cases per 1000 women that over the last five years the total incidence of women with mastopathy increased by 47.88 cases per 1000 women (P<0.01).

Moreover, an increase in the overall incidence of diseases associated with an increase of pathology in urinary organs (218,2 and 333,3‰), endocrine system (175,8 and 272,7‰), the blood and blood-forming organs (133,3 and 169,7‰), organs of digestion (151.5 and 175.8‰) and other classes of disease.

The study of general morbidity of women, depending on age also shows an increase in its level with increasing of age. The lowest overall incidence is set at the age of 20-29 years (1381,3‰), and the highest in the age of 40-49 years (1612,0‰). The increase of the overall incidence of women with mastopathy was mainly due to the increase of diseases of the genitourinary system (231.3 and 41,7‰). The peak incidence of infectious and parasitic diseases, neoplasms, diseases of the nervous system, ear and mastoid process, respiratory, urogenital system between the ages of 60 years and older. The highest incidence of diseases of the blood and blood-forming organs, the endocrine system, the eye and its adnexa, digestive system is installed in aged 50-59 years, and the highest level of mental illness was registered in the age of 40-49 years.

A special place among negative factors responsible for the occurrence of mastitis is thyroid dysfunction; the presence of nodes in the thyroid, goiter, and hypothyroidism is obvious or hidden. In addition, the mastopathy may develop in dysfunction of the liver. This disease is also common for women with a history are suffered from cholecystitis or hepatitis [5,6].

### Conclusion

Thus, detailed study of the mastopathy pathology of and overall morbidity of women with mastopathy, led to the following conclusions:

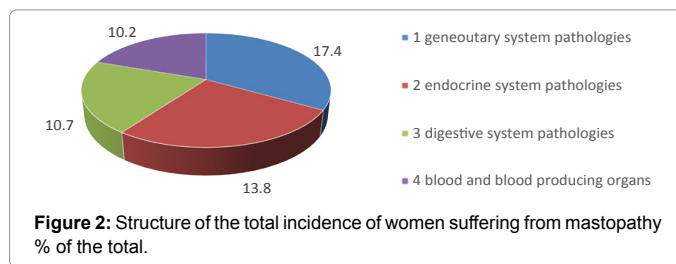


Figure 2: Structure of the total incidence of women suffering from mastopathy % of the total.

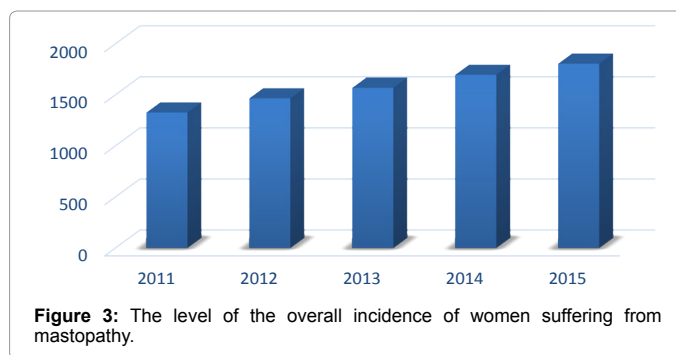


Figure 3: The level of the overall incidence of women suffering from mastopathy.

1. Morbidity of mastopathy has distinctive seasonality. Mostly mastopathy is registered in the spring and autumn seasons. The highest rate of appealing is in the April and October months. Seasonality should be considered while scheduling the treatment and prevention.

2. The level of general morbidity of women with mastopathies is averagely 1590,3 from 1000 cases of women. The lowest level of the general morbidity of women is established in 20-29 years of age (1381.3‰), the highest level in 60 and older years of age, 1916,7‰ (p<0,01).

3. Out of the total incidence of women with mastopathy has a leading place in: diseases of the genitourinary system, endocrine disorders of nutritional and metabolic systems, diseases of the digestive organs, blood and blood-forming organs, respiratory system organs. Five classes of diseases listed above, 60% of is related to the mastopathy.

4. It is really important to pay attention to the prevention of inflammatory diseases of pelvic organs, gynecological diseases, pathologies of thyroid gland, and diseases of digestive system and formation of healthy life style clues.

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