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Research Article

**A CLINICAL STUDY OF SERUM LIPID PROFILE IN BENIGN
BREAST DISEASE IN A TERTIARY CARE HOSPITAL IN
PAKISTAN**¹Dr. Muhammad Saleem Malik, ²Dr. Asif Nawaz, ³Dr. Samia Ameer¹Shaqra General Hospital, msmalikrcs@gmail.com, ²Hayatabad Medical Complex Peshawar, doc.asifnawaz@gmail.com, ³Basic Health Unit Wadoor, Dera Ghazi Khan, samiaameer336@gmail.com**Article Received:** November 2019 **Accepted:** December 2019 **Published:** January 2020**Abstract:**

Background- The basic aim of this study is to assess the relation between the women's profile of lipids and with the diseases of breast and to observe the relation between them.

Methodology- In this study 75 women were selected for the study and the age criteria of these women was 16- 35 years. In this study all the details was carefully recorded and lipid profile was done.

Result- It was found that 21.3% women had the disease of breast with increased serum lipid profile.

Conclusion- In this study it was concluded that there is strong relation between serum lipid profile and breast disease. The treatment was also diagnosed, to prevent possible future recurrences, use of anti-hyperlipidemic drugs for complete cure.

Keywords: Hyperlipidemia, Triglycerides, Serum lipid levels, Benign breast disease.

Corresponding author:**Dr. Muhammad Saleem Malik,**Shaqra General Hospital, msmalikrcs@gmail.com.

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INTRODUCTION:

There are a lot of abnormalities due to the lack of serum lipid profile, benign disease of breast include the stromal proliferations, epithelial, inflammatory lesions and abnormalities. Benign is the most occurring lesions of breast, but due to severity a lot of concerns is needed for the malignant lesions because it is the reason of breast cancer in women of western countries. But comparatively benign breast disease is most common than the malignant breast disease. There are a lot of symptoms of benign breast disease that can be detected through microscope. The basic reason behind the occurrence of benign breast disease is to intake excess of fat, take such as dairy products and meat, fat from animal products etc. have a higher chance of occurrence of benign breast disease. According to some studies to take fat in excess is related with the atypical hyperplasia and high risk of proliferation.

Excess of fat intake is related with BBD unlike excessive use of vitamin, carotenoids, vegetable, and E vitamin are related with low risk.

METHODOLOGY:

In this study 75 women were selected for the study and the age criteria of these women was 16- 35 years. In this study all the details was carefully recorded and lipid profile was done. All the patients were selected randomly and they are were passed through complete procedure of examination and investigation to diagnose the BBD named mastalgia, fibroadenosis, fibroadenoma. To diagnose the BBD is by FNAC as well as variouis clinical methods. Under aseptic precautions taking a 5ml sample of large peripheral vein to obtain the centrifugation. The parameters of serum lipid are serum triglyceride, serum triglyceride, density lipoprotein (LDL), very low density lipoprotein (VLDL).

Statistical Analysis:

In this study all the data analysis was performed in SPSS version 17.

RESULTS:

It was found that 21.3% women had the disease of breast with increased serum lipid profile. The age of the women was 16 to 35 years. Following is the table 1. showing the observation of elevated serum triglyceride level.

Table 1. Triglycerides Data.

Serum parameters	Age group (years)	Percentage of women with benign breast disease with elevated serum triglycerides	Serum triglyceride levels in mg/dl (mean±SD)
Triglycerides (40-140 mg/dl)	16-35	21.3%	10.08±18.08

Table 2. Serum cholesterol Data

Serum parameters	Age group (years)	Serum cholesterol levels in mg/dl (mean±SD)
Serum cholesterol (140-200 mg/dl)	16-35	170.35±16.98

Table 3: data for HDL.

Serum parameters	Age group (years)	HDL levels in mg/dl (mean±SD)
HDL (30-70 mg/dl)	16-35	52.51±10.23

Table 4: data for VLDL.

Serum parameters	Age group (years)	VLDL levels in mg/dl (mean±SD)
VLDL (25-40 mg/dl)	16-35	32.11±4.23

Table 5: Observed data for LDL.

Serum parameters	Age group (years)	LDL levels in mg/dl (mean±SD)
LDL (60-170 mg/dl)	16-35	115.27±27.88

DISCUSSION:

The basic aim of this study is to assess the relation between the women's profile of lipids and with the diseases of breast and to observe the relation between them. Benign is the most occurring lesions of breast, but due to severity a lot of concerns is needed for the malignant lesions because it is the reason of breast cancer in women of western countries. The basic reason behind the occurrence of benign breast disease is to intake excess of fat, take such as dairy products and meat, fat from animal products etc. have a higher chance of occurrence of benign breast disease. There are a lot of symptoms of benign breast disease that can be detected through microscope. But comparatively benign breast disease is most common than the malignant breast disease. According to some studies to take fat in excess is related with the atypical hyperplasia and high risk of proliferation. Patients giving history of carcinoma bosom, hypertension, and tuberculosis were avoided from the investigation. Every one of the patients were exposed to the

assurance of the serum lipid profile like complete cholesterol, HDL cholesterol, LDL cholesterol, VLDL cholesterol, and Triglyceride. The investigation was done in three unique sorts of kindhearted bosom ailment. Complete consideration was given to quality control.

CONCLUSION:

In this examination it was inferred that there is solid connection between serum lipid profile and breast disease. The treatment was likewise analyzed, to prevent possible future recurrences, use of anti-hyperlipidemic drugs for complete cure.

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