



Management of breast conditions in national center for school and university medicine



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Objective:

to assess the contribution of reproductive health unit (RHU) of national center for school and university medicine (NCSUM) in management of breast pathologies.

Design:

we conducted a retrospective, cross sectional descriptive study.

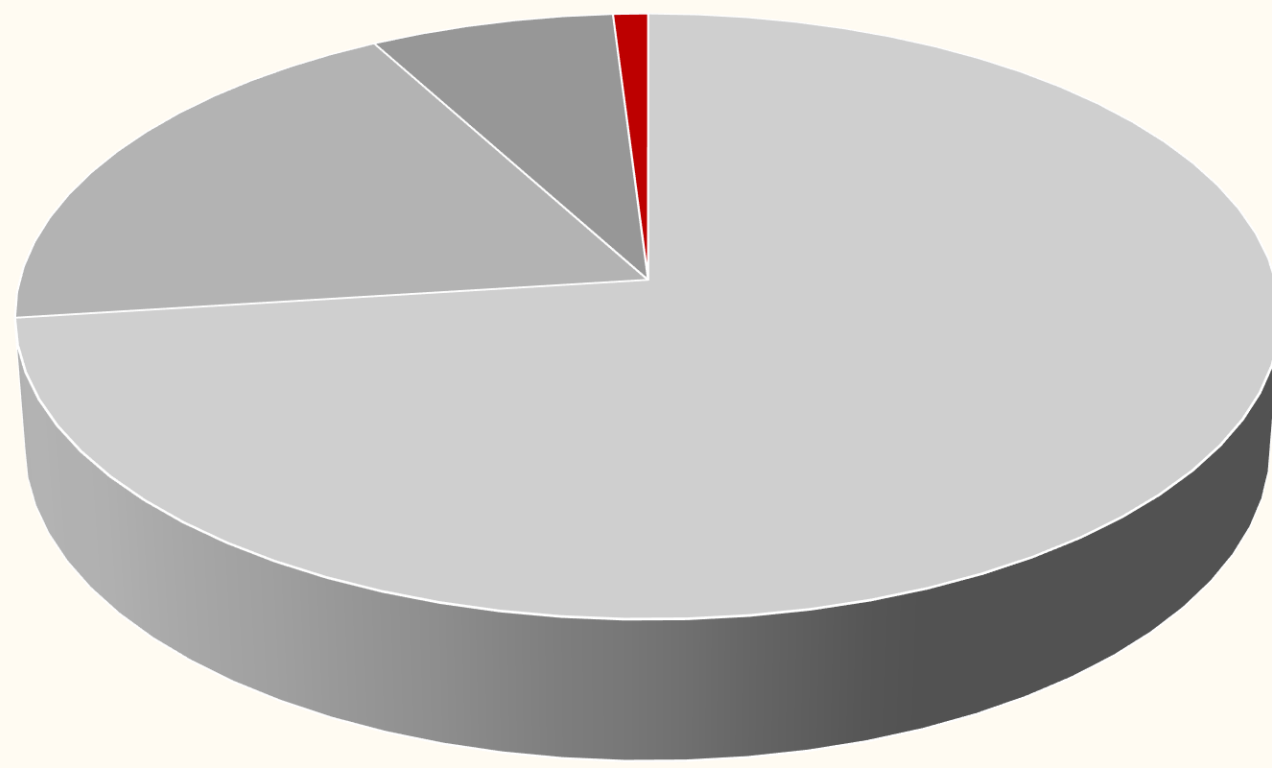
Methods:

we included in our study all the female teenagers aged between 14 and 25 years old, subscribed in schools and university establishments who visited the RHU between 2020 and 2022.

Results:

the average age of our patients was 19.5 years old. The breast pathology represents the most frequent reason for visit in RHU (48.2%).
Twenty five percent of them complained of mastalgia .
The breast examination revealed a breast mass in 9% of cases and nipple discharge in 2% of cases.
Eighty-one-point one per cent of these teenagers were referred to university hospitals for further investigations.
A breast ultrasound and micro biopsy were performed and the diagnosis of fibroadenoma was found in 73% of cases, fibrocystic mastopathy in 19%, a breast abscess in 7% of cases and 2 cases of breast cancer.

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- fibroadenoma
- fibrocystic mastopathy
- breast abscess
- breast cancer

Discussion :

The Lancet Commission has put forth a recommendation for the global implementation of impactful policies and interventions supported by solid evidence, with the aim of reducing the challenges posed by adolescent mortality and morbidity (1). Given that adolescents spend a significant portion of their time within educational institutions, these schools hold great potential in promoting the well-being and growth of adolescents. Among all the studies conducted, various topics were explored, including AIDS, sexual and reproductive health, deworming, nutrition, tobacco use, obesity, and suicide(2). Notably, none of the studies specifically examined health condition screenings or the establishment of safe and nurturing learning environments(3). This motivates more research on this subject.

Conclusion :

The role of school and university medicine centers is increasingly important in screening and managing breast conditions among teenagers by ensuring coordination between health care structures .

References :

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