

Demographic characteristics and body mass index in women with breast fibroadenoma and compare with healthy women referred to Khatam Al-Anbia Clinic in Jahrom in 2019

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Abstract

Introduction: Benign breast diseases are one of the most common diseases in the females of any society. This study was performed with aim to determine demographic characteristics, history of disease and body mass index in women with benign breast masses and compare it with healthy women referred to Khatam-Al-Anbia Clinic in Jahrom. **Methods:** This descriptive cross-sectional study was performed in 2019 with participation of 610 women referred to Khatam-Al-Anbia Clinic in Jahrom. 148 women had fibroadenoma and 467 didn't have fibroadenoma. Data related to the patients were collected using a questionnaire including individual demographic characteristics and medical records of the referred women. Data were analyzed using the SPSS software (version 21) and descriptive and inferential statistical tests. $P < 0.05$ was considered statistically significant. **Results:** The history of hyperlipidemia was highest in the women with fibroadenoma and without fibroadenoma. In the fibroadenoma group, 29 (29.9) of women were overweight and 10 (10.3) were obese, while in the group without fibroadenoma, 125 (43.3) of women were overweight and 72 (24.9) were obese. Overweight reduces the chance of developing benign breast masses by 22.2 (95 CI: 0.057-0.836) and obesity reduces the chance of developing benign breast masses by 15.8 (95 CI: 0.036-0.693) and it had a protective effect. **Conclusion:** Overweight and obesity reduce the incidence of benign breast diseases. Therefore, it is suggested that the study be performed by adjusting other confounding factors in more extensive level.

Uncontrolled Keywords: Body mass index, Breast, Fibroadenoma