

Microdochectomy for Single-duct Nipple Discharge

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Abstract

Introduction: Isolated single-duct nipple discharge is worrying and poses a surgical dilemma. Factors predicting malignancy are controversial. **Materials and Methods:** Retrospective review of 92 consecutive microdochectomies for single-duct nipple discharge in a tertiary referral centre over 8 years. **Results:** The commonest causes were ductal papilloma (52%) and fibrocystic diseases of the breast (21%). Five (5%) patients had breast carcinoma, of whom only 1 had an invasive component. The median age of these patients was 43 years (range 26 to 72 years) which was similar to median age of the whole cohort. Sixty-seven (73%) patients presented with blood-stained nipple discharge. The 5 patients with breast carcinoma had blood-stained discharge. Mammography was abnormal in 1 out of 4 patients in the carcinoma group. **Conclusions:** The incidence of breast carcinoma in patients presenting with isolated single-duct nipple discharge was low (5%) among Singaporean women. There was no reliable predictors of malignancy, though all patients with carcinoma presented with blood-stained discharge. Microdochectomy still remains an effective treatment for nipple discharge both for cure and diagnosis.

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Key words: Breast carcinoma, Ductal papilloma, Mammography

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