



Organization of Modern Examination Methods of Mammary Gland Diseases

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Received 2nd Jul 2022,
Accepted 3rd Aug 2022,
Online 29th Oct 2022

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Abstract: Most of the articles devoted to the diagnosis of mammary gland diseases focus on the topic of modern imaging methods of benign and malignant processes in this organ. Imaging methods (ultrasound, radiography, MRI, etc.) play a huge role in this process, but everything does not begin with them and everything does not end with them. [1,5,6,17] Mammary glands are part of the female reproductive system. Directly or indirectly, it affects almost all hormones that work in the body. And it is an absolute fact that the state of the mammary gland is a reflection of the balance of hormones and health in general, the warning of clinically obvious hormonal disorders (pain, dyshormonal changes, tumors) does not appear immediately. For example, the absence of complaints or changes during an ultrasound examination does not guarantee the absence of hormonal disorders, which can later lead to various problems with the mammary glands and other organs. Therefore, a gynecologist-endocrinologist is an important participant in the primary prevention of breast diseases, their early diagnosis and treatment together with a mammologist. [49] Therefore, the approach of combining the in-depth knowledge of each of these experts allows for better results. The question arises, where does the diagnosis of mammary gland disease begin? It starts with meeting the patient. For the doctor, this is a large volume of data containing very valuable information. In order to come up with the correct diagnosis, monitoring and treatment plan, the doctor should know at least the minimum conditions of the heart: characteristics of the maternal intrauterine period (what conditions the patient's mother had during pregnancy and how it affected her); characteristics of menstrual function formation (age of first menstruation, pain, volume of blood loss, regularity, etc.);

development characteristics of mammary glands; what methods of contraception were used; how was pregnancy, childbirth, lactation, if any; everything (yes, everything is important!) to know about past gynecological and non-gynecological diseases; family history (family history) that may affect the risk of developing hormonal disorders and oncopathology in this patient; past and current use of hormonal and non-hormonal drugs; lifestyle characteristics (diet, physical activity, sleep, stress, smoking, alcohol consumption); occupational hazards; The screening and treatment plan is influenced by the woman's age and her reproductive plans. From the sum of these data, an opinion was formed about the risk of certain diseases of the mammary gland. [10.13.14] If a woman has complaints, it is necessary to carefully study their history and connection with various events and diseases. If the reason for going to the doctor is the finding of a lump or tumor in the mammary glands, it is important to know how often the patient has examined the mammary glands and whether he has previously examined himself. As for breast self-exams: Most women have heard the common phrase that the exercise does not make breast cancer screening more effective. At the same time, leading professional associations emphasize the desirability of regular self-examination of the mammary glands, as it allows women to notice any changes earlier and contact a specialist who will monitor it in time. The purpose of this is to teach women the correct method of self-examination of the mammary glands, taking into account the individual characteristics of the shape and structure of the mammary tissue. Therefore, we recommend a questionnaire for early identification of factors of milk diseases [16]. Appendix. If the patient answers yes to any of the questions in the survey, the patient is in the risk group.

Nowadays, it has become known that examination of patients by a single specialist has certain advantages, among them continuous monitoring, high level of trust between the doctor and the patient allows to record the smallest changes in the state of the mammary glands. Studies have shown that doctors diagnose diseases more accurately than computers. Examination of the patient, palpation of the mammary glands and lymph nodes, together with the previously obtained information on the history of his life and illness, is an important step in the diagnosis (everything is important - weight, skin condition, hair growth, age spots). and several other small things). Based on it, the doctor formulates questions for the next stage, that is, those of additional, clarifying studies: What and where to look for using instrumental methods? Which methods will provide the most accurate results for this patient? Which methods are safer for this patient? What kind of professional advice is needed? What tests and other research methods will be needed? How soon should additional tests be performed? For example, with the help of palpation, it is not possible to diagnose the early stages of tumor development if the size of tumors is several millimeters. This problem is identified by modern instrumental methods. But for an experienced specialist, palpation gives little indirect clues that instrumental methods do not help. The purpose of using modern technology methods for the diagnosis of mammary gland diseases includes many cases that depend on the goals of the diagnosis and the individual characteristics of women. For example, they can be as follows: Screening for breast cancer in different risk groups (low/medium and high) of this disease; monitoring of mammary gland tissue condition in women of reproductive age [11,12] monitoring of mammary gland tissue condition in women undergoing mammography examination; Diagnosis of benign and dangerous diseases of the mammary glands, diagnosis of the spread of the process in breast cancer (in primary diagnosis and treatment of metastatic forms), follow-up of women who have been successfully treated for breast cancer. Each of the methods has its own indicators, all have advantages over each other, and there are weaknesses that can be detected by other methods. Therefore, in most cases, various combinations of diagnostic methods are used.

DIAGNOSTIC METHODS FOR BREAST CANCER (SCREENING) - examinations and / or tests for the purpose of early detection of a certain disease, i.e. before symptoms and signs appear. The importance of early detection is that cancer can be detected at a stage when it is localized and treatable. Breast cancer screening represents secondary prevention of this disease [11]. Since the

incidence of breast cancer increases significantly in the peri- and menopausal age, mammographic screening in women at low and medium risk of cancer should begin at the age of 40-45 according to various guidelines.

Mammography is still the gold standard for breast cancer screening in women at intermediate and low risk. However, recent studies have clearly shown the hardware limitations of conventional 2D mammography, the most important of which is the low efficiency of detecting early stages of cancer in radiographically dense mammary glands.[21] In women with dense mammary glands, breast cancer screening is supplemented with ultrasound and / or MRI in selected cases to increase the effectiveness of screening. Since 2012, the Food and Drug Administration (FDA) has approved digital tomosynthesis or 3D mammography for breast cancer screening, which is more effective in diagnosing cancer in dense mammary glands and has several other advantages. The best screening methods for women at high risk for breast cancer (those with a genetic predisposition to breast radiation before age 30) are still a matter of debate. In such women, screening begins at a much earlier age and includes several methods (mammography, ultrasound, MRI). Ultrasound is the primary diagnostic stage for monitoring the state of mammary tissue in women of different ages and diagnosing dyshormonal diseases in the presence of complaints. This method is non-radiation-free and allows to observe dynamic visualization of tissues, tumors and inflammatory processes rather than static images. Modern ultrasound devices with special software, Doppler studies, tissue and sonoelastography provide highly effective results in the diagnosis and differential diagnosis of mammary gland diseases. To clarify the diagnosis, it is often necessary to study the cells and tissues of the suspicious formation - biopsy and histopathological examination. Modern biopsy techniques are simple and very effective.[28] When diagnosing benign and inflammatory diseases of the mammary gland, the doctor must always exclude cancer, so it is very difficult to draw a clear line between the diagnosis of benign and malignant tumors. To determine the spread of breast cancer, the following are used: Computed tomography (CT) is a special type of X-ray that allows you to take images of many sections, organs and tissues. - magnetic resonance imaging (MRT) - a method of scanning the human body using strong magnetic fields and radio waves to obtain high-quality images of normal and changed tissues; positron emission tomography (PET) is a complex scanning method that provides a color image of the chemical activity of processes occurring in the body; Ultrasound examination is a common, safe method used in the treatment of breast cancer and as additional dynamic monitoring during biopsy.

EXPERIMENTAL METHODS OF DIAGNOSING BREAST GLAND DISEASES. Today, research is being conducted and clinical experience is being gathered on the use of new methods of diagnosing breast cancer and benign tumors. Visualization using optical effects (Optical imaging tests) is a method based on the impact and return of light waves, this method is planned to be combined with MRI and 3D mammography. Molecular breast imaging (MBI) is a new nuclear method for clarifying mammogram results with abnormalities and increased density of breast tissue. Positron emission mammography (PEM) is a method based on the principles of positron emission tomography aimed at detecting the smallest foci of cancer cells in the mammary glands. Electrical impedance imaging (EIT) is a method based on the electrical conductivity of breast tissue, very small current pulses can detect the smallest foci of breast skin cancer. It is planned to use this method to clarify abnormal mammogram results. But this is not the end of the diagnosis. Using any or several of the above methods of instrumental or hardware examination, the doctor comes to the conclusions that are crucial in making a diagnosis. make a diagnosis; explaining the diagnosis to the patient and his relatives; provide information about all possible treatment methods, determine the effectiveness of various treatment methods; Development of a treatment plan with the patient and follow-up. We should be proud of the fact that a large group of our women are women whose regular joint examination by a mammologist and gynecologist-endocrinologist ends not with a diagnosis, but with the conclusion "No pathology was found".[13,14] Behind each such conclusion is a woman's responsible attitude to her

health. (we are proud of it). and yet every such investigation must conclude by finding the efficacy of the necessary recommendations, according to the age of the woman, and the changed conditions, to preserve this favorable condition. The ultimate goal is healthy mammary glands that are aesthetically pleasing and able to perform physiological functions.

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