

<https://doi.org/10.29289/259453942024V34S2024>

28627 – IMAGING APPROACH TO MALE BREAST DISEASE: A RETROSPECTIVE ANALYSIS OF AN IMAGE DATABASE FROM A CLINIC IN BELO HORIZONTE

Keila Rezende André*, Douglas de Miranda Pires, Henrique Lima Couto, Tereza Cristina Ferreira de Oliveira, Thais Paiva Moraes

*Corresponding author: drakeilara@gmail.com

Introduction: Male breast exhibits some atypical conditions, similar to female breast. Findings in imaging diagnosis of female breast are well-established with appropriate management guidelines for each finding. Concerning findings in the male breast, breast symptoms are often neglected, and routine complementary imaging exams are not always performed. Recent epidemiological studies show that over the past 20 years, the number of men reporting breast discomfort has increased worldwide. The imaging approach to male breasts has become a topic of debate due to the rising prevalence of breast complaints among men. **Methodology:** This is a retrospective analysis conducted through the study of data stored in the EXA and VitaClin applications, selecting only male patients, and identifying and quantifying the main alterations of the male breast at Redimama Clinic, from December 3, 2019, to February 9, 2024. It is proposed that the use of an informed consent form be waived for the electronic medical record search related to the frequency of male breast cases during the study period. The statistical frequency analysis of the electronic medical record data was performed using Excel. The obtained data were compared with current literature on male breast pathology. Following the scope review guidelines, a search was conducted across three electronic databases published after 2009, in English and Portuguese: the U.S. National Library of Medicine (PubMed), Cochrane, and Scientific Electronic Library Online (SciELO). **Conclusion:** Although most male breast alterations are benign, with gynecomastia being the most common etiology, some clinical findings do not allow for differentiation between benign and malignant conditions. Regardless of imaging tests, when suspicious clinical findings are present, performing specific diagnostic evaluation is essential for accurate diagnosis. Mammography is recommended as the initial exam, regardless of patient age. This recommendation is based on the importance of early diagnosis to ensure appropriate treatment and improve the patient's prognosis. The results of this study, which include the analysis of 243 imaging exams conducted over a period of 50 months, support existing literature on male breast alterations. Thus, these findings reinforce the importance of imaging in evaluating breast changes in men and highlight the need for increased awareness of male breast health.