



Evaluation of the Nipple Discharge During a Screening Study

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Abstracts

Introduction: Some diseases such as breast cancer may be associated with secretion and the color of the secretion may specify the type of the disease and its prognosis. So in this study the color of the nipple discharge has been studied.

Methods: This study is a cross-sectional on the women who were examined by physical examination in a screening plan and they had nipple discharge. Pregnant and breast feeding women were omitted. The data was analyzed through SPSS 16 using descriptive and analytic statistics.

Results: Results showed that from 617 cases with secretion of the left breast, the color of the secretion in 64.3% was milky, in 17.8% was watery and colorless, in 13% was yellow, green or gray, in 2.3% was brown, in 1% was bloody and in 0.6% was pussy. In 608 cases which had right breast secretion, the color of it in 62.5% was milky, in 17.4% was watery and colorless, in 15.5% was yellow, green or gray, in 3% was bloody and in 0.8% was pussy.

Conclusions: Although the nipple discharge is significant, it is usually normal. But it can be one of the signs of the breast cancer. So with periodic examinations and appropriate follow up, breast cancer could be prevented or diagnosed in early stages.

Keywords

Nipple, Discharge, Screening, Cancer