



## Bilateral Multicentric Metachronous Benign Phylloides Tumor: A Rare Presentation

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### Abstract

*Phylloides tumor is rare stromal tumor of breast. It is common in median age group. It is known for its presentation as unilateral huge mass. However, the diagnosis of phylloides tumor can be neither made or nor ruled out by the size alone. Bilateral phylloides tumors are distinctly uncommon. Most of them are malignant and metachronous. We present a rare case of bilateral multicentric benign metachronous phylloides tumor of breast in a young female of 20 years of age.*

**Key words:** Benign, bilateral, metachronous, multicentric, phylloides tumor

### Introduction

Phylloides tumors of breast are rare stromal tumor with a very low rate of bilateral occurrence. It is biphasic tumor of breast. Its etiology and pathogenesis are exactly not clear<sup>[1]</sup>. It constitutes 0.3 to 1 % of all breast neoplasm<sup>[2]</sup>. The average age of presentation is 45 years<sup>[3]</sup>. It usually presents as solitary, round, relatively well circumscribed, firm, rubbery and unilateral mass. The overlying skin is usually unremarkable. The nipple may be flattened. The cut surface is solid, grey white & shows cleft like spaces due to presence of an exaggerated intracanalicular pattern of growth. Areas of necrosis, cystic degeneration and hemorrhage may present which indicate malignancy. Many phylloides tumors are

large and some reach huge dimensions but other measure less than 5cm. Microscopically the two key features of phylloides tumor are stromal hypercellularity & presence of benign glandular elements<sup>[4]</sup>.

### Case Report

A 20 years female, presented with multiple masses in both the breast for three months duration. The physical examination showed solitary, firm mass on right side measuring 3x2.5x2 and on left side four nodular masses of varying sizes were present. As per the patient the masses were metachronous, the left sided breast lumps were felt earlier followed by right sided mass. Other clinical and investigation findings

were unremarkable. Ultrasonography showed heterogenous hypochoic masses on both the sides.

The masses from both the sides were excised & sent for histopathological examination. The post-operative follow up was uneventful. The patient did not show any evidence of recurrence and metastasis till date.

### Gross Features

We received lumpectomy specimen from both the sides separately.

The lump from right side was solitary, lobulated, well demarcated, grey to yellow measuring 4.5x3x2cm. Cut surface was glistening white (Figure 1). From the left side there were four nodular, irregular, grey to yellow masses of varying sizes, largest one measuring 5x4x2cm. Cut surface of these masses showed cleft like spaces (Figure 2).



**Figure 1-** Single grey white mass from right side. Cut surface is glistening white.

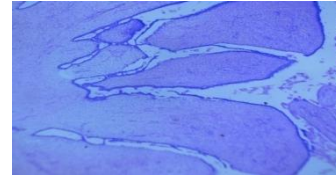


**Figure 2-** Multiple grey white masses from left side. Cut surface showing cleft like spaces.

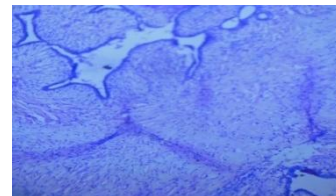
### Microscopy

Multiple haematoxylin & eosin stained sections from both sided lumps showed features of biphasic neoplasm with predominance of stromal component. The tumor was composed of highly cellular connective tissue having interlacing bundles of fibroblast like cells lacking atypia & mitotic activity. There were clefts lined by the

double layered plump cuboidal epithelial cells (Figure 3).



**Figure 3-** Photomicrograph showing biphasic tumor with stromal hyperplasia (Left sided mass).



**Figure 4-** Photomicrograph showing stromal hyperplasia without atypia (Right sided mass).

### Discussion

Phylloides tumor was previously called as cystosarcoma phylloides based on leaf-like gross appearance<sup>[5]</sup>. Only around 3% cases are bilateral. Bilateral tumors are mostly malignant and are metachronous<sup>[6,7, 8, 9]</sup>. Marti and Hiotis present the first reported case of multiple, bilateral phylloides tumor of the breasts in an adolescent girl<sup>[10]</sup>. Phylloides tumor clinically, macroscopically & microscopically resembles fibroadenoma but former occur in an older age group than fibroadenoma. Phylloides tumor is usually larger than fibroadenoma. Phylloides tumors have surface projections, incomplete removal of which result in local recurrence which is much more common in phylloides tumor than fibroadenoma<sup>[11,12,13]</sup>. The most important distinguishing feature is stromal hypercellularity. But in tumors with low stromal cellularity the features like stromal nuclear pleomorphism, mitotic rate, architecture and stromal overgrowth indicate diagnosis of phylloides tumor rather than fibroadenoma<sup>[13]</sup>.

Grading of phylloides tumor is based on semi-quantitative assessment of stromal cellularity, cellular pleomorphism, mitotic activity, margin appearance, and stromal distribution. Tumors with modest stromal hypercellularity, little cellular

pleomorphism, 0-4 mitoses per 10 high power field, well circumscribed, pushing margins, and minimal or moderate stromal overdevelopment are classified as Benign. Borderline tumors are defined as tumors representing modest stromal hypercellularity, moderate cellular pleomorphism, 5-9 mitoses per 10 high power field, intermediately infiltrated margins, and moderate stromal overgrowth. Malignant tumors show marked stromal hypercellularity and cellular pleomorphism, more than 10 mitoses per 10 high power field and marked stromal overgrowth<sup>[14]</sup>.

The possibility of local recurrence and metastasis is 6-10% in benign phylloides tumors, 25-32% in borderline phylloides tumors, and over 25% in malignant phylloides tumors<sup>[15,16]</sup>. Stromal overgrowth, stromal atypia, mitotic activity, surgical margin of tumor, heterologous stromal component and histologic grade are significantly correlated with metastasis. Lungs and the bone are the most common sites for metastasis<sup>[17-21]</sup>.

### Conclusion

Phylloides tumor rarely present as bilateral multicentric masses. This case is one of the rare cases of bilateral multicentric benign phylloides tumors.

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