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BENIGN BREAST LUMPS: SYSTEMATIC REVIEW OF DIAGNOSIS AND CONDUCT

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Objectives: The objective of this work is to determine a better way to diagnose and to conduct benign mammary nodules. **Methodology:** This study is a systematic review. Data were obtained through search in virtual databases, such as Lilacs and Medline, and were submitted through inclusion and exclusion criteria. Then, 20 final articles were selected. **Results:** The articles analysis showed that the best way of diagnose benign mammary nodules is to use a triple test, which is an association of physical exam, images exams, fine needle aspiration cytology, or even core biopsy. Firstly, a complete anamnesis and physical exam should be performed. The second step is to characterize it with the help of mammography in various incidences or USG of the breasts, for dense breasts and mainly to distinguish between solid or cystic nodule. Besides that, the USG can be used to distinguish better characteristics of a benign or malignant nodule. In cystic lesions, the next step is the aspiration cytology, which can be used as diagnostic and therapeutic, to see characteristic of the fluid. Finally, in the indeterminate, suspect, or malignant results by aspiration cytology, the open biopsy with enucleation of the lesion is indicated to close the diagnosis. **Conclusion:** It is possible to conclude with this work that the best form to diagnose benign mammary nodules is to use a triple test, since it can demonstrate morphological, cytological, and histopathological characteristics of mammary nodules. Then, benign and malignant lesions can be distinguished, which is important because, when we early diagnose, we avoid late treatment and unnecessary invasive procedures in benign lesions. After the correct diagnose, the choice of the conduct is based on the age of the patient, the result of the triple test, and the size of the lesion.