Unilateral Amazia

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Abstract Amazia refers to a condition where one or both of the mammary glands are absent in which the nipple and areola remain present, breast parenchyma is absent, and it may be unilateral or bilateral. We present a case of unilateral amazia. On literature review, very few cases were reported.

Keywords Amazia · Unilateral amazia · Bilateral amazia

Case Report

A 15-year-old girl presented with absent breast on the left side. Physical examination showed the absence of palpable breast tissue and hypoplastic areola, but nipple was present (Fig. 1). No other abnormalities were detected. Opposite breast and external genitalia were well-developed. There was no history of trauma, surgery, or radiotherapy to the chest wall. She had thelarche at the age of 8 years and menarche at the age of 12 years and menstruating regularly since 12 years. Ultrasound scan of the abdomen showed well-developed uterus and ovaries. Follicle-stimulating hormone, luteinizing hormone, and estradiol levels were within normal limits. There were no other associated congenital anomalies. The diagnosis of unilateral amazia was made. Psychological counseling was given to overcome her emotional distress and to improve her self-image. The patient is scheduled for breast augmentation for cosmetic purposes.

Fig. 1 Physical examination showing the absence of palpable breast tissue and hypoplastic areola, but nipple was present

Discussion

Amazia refers to a condition where one or both of the mammary glands are absent in which nipple and areola remain present and breast parenchyma is absent; it may be unilateral or bilateral [1]. Amazia is a congenital condition or caused iatrogenically. Inadvertent biopsy of breast bud during childhood or trauma to the chest wall or chest wall radiation or surgery during childhood can cause acquired breast amazia [2]. Sometimes it is associated with absence of sternal portion of pectoralis muscle (Poland syndrome). Bilateral amazia can be associated with face, limb, and vertebrae anomalies [1, 3]. Athelia is a congenital condition in which one or both nipples are absent. Amazia differs from amastia (the complete absence of breast tissue, nipple, and areola), although the two conditions are often (erroneously) thought to be identical.

As there are psychosocial issues involved with this condition, these women need psychological counseling to improve their poor self-image because of this condition and proper guidance regarding breast feeding. Women with bilateral amazia have to bottle feed their children. Alternatively, breast milk

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can be made available through milk banks or by lactating women. In cases with unilateral amazia, the children may be breast fed from the intact breast. Breast implantation surgery produces positive results in the patient's self-image and esthetics of her person by the restoration of a more normal body contour.

Conflict of Interest Nil

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