

## Hyperplasia: A Systematic Mini Review

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### Abstract

Hyperplasia is a health condition in which the no of organic tissue increases resulting from cell proliferation. It causes increasing the size of an organ often leading to a misconception of benign tumor. Its derivate from the Greek word huper which means “Over” and “plasis” which means formation. Microscopically the structure of the cells shows no difference but only increases in number. It is different from hypertrophy, in which the cell size increases. Most of the times it is not harmful.

Keywords Hyperplasia; Hypertrophy; Hormonal dysfunction; Cell proliferation

### Introduction

Hyperplasia considered to be a pathological or physiological response to a specific stimulus and the cells of hyperplasia tends to show normal regulatory control mechanism. If the stimulus is caused by an excess of hormone or growth factor it most often considered as Pathological. Cells which are stimulated by growth hormones are pathological hyperplasia and it results in differentiating from cancer or benign tumor. Cancer or Tumor is basically the result of proliferation of genetically abnormal cells trying to proliferate in a non-physiological process. But at the same time it can give a suitable platform from which neoplastic cells may develop.

### Causes and types

The various causes of hyperplasia include the proliferation of cells resulting in increase in cell no which indirectly cause increase in size as well. Other than this many physiological and pathological stimulus triggers the cell proliferation. There is some common clinical hyperplasia cases for example breast cells before or during pregnancy, in which the glandular cells increases in number resulting it bigger in size which is absolutely normal. There are some common clinical Forms of health conditions which leads to hyperplasia such as:

Prostate enlargement or benign prostatic hyperplasia, inherited disorder of gland known as congenital adrenal hyperplasia,

endometrial hyperplasia which happens due to hyperproliferation of endometrium.

Hemihyperplasia in which only half of the body is affected, intimal hyperplasia caused due to thickening of tunica intima of blood vessel, sebaceous hyperplasia causing small yellowish growth on skin specially on face and lastly but not the least epidermal hyperplasia that's hyperplasia on skin.

### Diagnosis

The diagnosis procedure includes Biopsy but it also varies from types of the region it is affecting.

### Treatment

Depending on the area to which it is affecting the treatment also varies accordingly. Sometimes through medication and maintaining a healthy life style helps. For example, for the treatment of endometrial hyperplasia the treatment is progestin which can be taken in many form such as pill, shot, vaginal cream or intrauterine device.

### Overview

Hyperplasia is not a serious health condition but it also can be the cause of cancer/benign tumor resulting death. By adopting healthy lifestyle and following proper health check up one can avoid the harm. Early diagnosis of the disease and following the

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Received: June 12, 2020; Accepted: July 28, 2020; Published: August 3, 2020

Citation: Sethi P (2020) Hyperplasia: A systematic Mini Review. J Thrombo Cir. 6:136. 10.35248/2572-9462-6.136.

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treatment procedure properly patient can recover and lead a healthy life. Cell proliferation is common and that happens day to day life everyday. The only concern is the excess of hormonal factor and physiological changes that affect the stimulus in rapid division.

## References

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