

## A Glimpse on the Colonic Polyps' Problem in Thi-Qar

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### Abstract

A descriptive study was performed on 82 patients diagnosed as colonic polyps out of 1538 colonoscopy done at AL-Hussain Teaching Hospital between 2007-2011. The incidence of colonic polyps is (5.3%). Among 82 studied patients ( 67 % ) were males and (33 %) were females. Average age was 42.5 years (range 4-81 years). Non-neoplastic polyps were more prevalent under age of 20 years while above 20 years most polyps were neoplastic. Bleeding per rectum (50 %) was the most frequent symptom followed by abdominal pain (25.6 %). Neoplastic polyps were (80.5 % ) out of the total while the non-neoplastic represent only (19.5 %). Most non-neoplastic polyps had been encountered in the rectum while polyps in the sigmoid were mostly neoplastic. Among adenomatous polyps, tubular adenoma (71.2 %) were the most frequent type, villous adenoma (27.3%) while serrated adenoma is the least common type (1.5%). Low grade dysplasia was found in (68.2% ) of adenomatous polyps while (28.8 %) and (3%) were of moderate and high grade dysplasia respectively.

### Conclusion

1. The incidence of polyps is lower in our locality compare to other neighboring countries (Saudia Arabia and Turkiy) and others like USA
2. Most neoplastic polyps in our locality were low risk polyps (tubular with low grade dysplasia)
3. Our study is in consist with study of colorectal carcinoma in our province being the 6<sup>th</sup> one (not common).

### Objective

To have an insight about the problem of colonic polyps in Thi-Qar.

### Methods

A descriptive study on 82 patients diagnosed as colonic polyps out of (1538) colonoscopy done at AL –Hussain Teaching Hospital between 2007-2011. Data on patients age, gender, clinical signs, symptoms and colonoscopic findings were collected from patients hospital records and pathology reports.

### Results

The incidence of colonic polyps is (5.3%). Eighty two patients had colonic polyps, among them 55 (67%) were male and 27(33%) were female. For those patients below 20 years non- neoplastic polyps were the most frequent while above 20 years most polyps were neoplastic. In neoplastic polyps; the male to female ratio was (68.2%), (31.8%) while in non- neoplastic polyps it was(62.5%) ,(37.5%)

**Introduction**

Colonic polyps are slow growths of colon mucosa and about 1% become malignant.<sup>1</sup> Polyps detection rate in colonoscopy varies from one country to another<sup>2,3</sup>. Real prevalence of colon polyps aren't known in general population. Autopsy studies have shown a prevalence of adenoma and polyps to be 50% while endoscopic prevalence has been 40%.<sup>1</sup> Two broad categories of polyps develop in the wall of the colon: non-neoplastic and neoplastic.<sup>4</sup> Most colorectal cancers arise from neoplastic adenomatous polyps. Adenomatous polyps of the colon or rectum have been identified as precursors to colorectal cancer.<sup>5</sup> both the prevalence and the size of colorectal adenoma increases with age.<sup>1</sup>

**Material and Methods**

All patient with colonic polyps who were diagnosed by colonoscopy in the endoscopy unit in AL-Hussein Teaching Hospital from 2007-2011 were involved in this retrospective study. Their clinical and demographic data were collected from their records in the endoscopy unit; the histopathological examination of the stored material in the laboratories was reviewed.

AL- Hussein Teaching Hospitals endoscopy unit is the only GIT

endoscopy unit in Thi-qar and hence the data submitted in this study represent the population of this governorate.

**Results**

Among 82 studied patients,( 67 % ) were males and (33 %) were females. Average age was 42.5 years (range 4-81 years). Non-neoplastic polyps were more prevalent under age of 20 years while above 20 years most polyps were neoplastic (Table 1).

Bleeding per rectum (50 %) was the most frequent symptom followed by abdominal pain (25.6 %) (Table 2) .

Neoplastic polyps were (80.5 % ) out of the total while the non-neoplastic represent only (19.5 %). Most non-neoplastic polyps had been encountered in the rectum while polyps in the sigmoid were mostly neoplastic (Table 3).

Non-neoplastic polyps included juvenile polyps (8.5 %) hamartoma(1.2%) and inflammatory polyps (9.8 %) out of the total.

Among adenomatous polyps, tubular adenoma (71.2 %) were the most frequent type, villous adenoma (27.3%) While serrated adenoma is the least common type (1.5%).

Low grade dysplasia was found in (68.2% ) of adenomatous polyps while (28.8 %) and (3%) were of moderate and high grade dysplasia respectively.

**Table1. Frequency of neoplastic and non-neoplastic polyps.**

Colonic polyps	Age/ years					Total	
	0-19	20-39	40-59	60-79	>80	number	percent
<b>Neoplastic</b>	1	9	33	22	1	66	80.5%

<b>Non-neoplastic</b>	7	0	6	3	0	16	19.5%
<b>Total</b>	8	9	39	25	1	82	100%

**Table 2. Frequency of concomitant features in studied patients**

Clinical signs	Number	Percent
<b>Bleeding per rectum</b>	41	50%
<b>Abdominal pain</b>	21	25.6%
<b>Constipation</b>	12	14.6%
<b>Diarrhea</b>	4	4.9%
<b>tenesmus</b>	1	1.2%
<b>Others *</b>	3	3.7%
<b>Total</b>	82	100%

\* such as weight loss and positive familial history.

**Table 3. Frequency of neoplastic and non-neoplastic polyps based on site.**

Colonic polyps	rectum	sigmoid	Descending colon	Transverse colon	Ascending colon	cecum	Total	
							No.	%
<b>Neoplastic</b>	9	49	0	4	2	2	66	80.5%
<b>Non-neoplastic</b>	10	4	1	0	1	0	16	19.5%
<b>Total</b>	19	53	1	4	3	2	82	100%

**Discussion**

Among 82 studies patients (67.1%) were male and (33%) were females, that in similar to(Tevfik S. etal)<sup>3</sup> (Abdulkader A., etal)<sup>6</sup> (Khodadoostan M,etal)<sup>7</sup> (Naruemon W., etal)<sup>8</sup> and differs from study did by (Majid A.,etal)<sup>2</sup> where females

represent (57.7%) while males form (42.3%) of our studied patients; (80.5%) had neoplastic polyps and only (19.5%) were with non-neoplastic polyps.This in similar to(Abdulkader A. , etal)<sup>6</sup> and(Khodadoostan M,etal)<sup>7</sup> while in (Naruemon W.,

etal)<sup>8</sup> there is equal (50%) for each neoplastic and non-neoplastic polyps. Most non-neoplastic polyps had been encountered in the rectum while polyps in the sigmoid were mostly neoplastic. This is similar to (Abdulkader A., et al)<sup>6</sup> and differ from (Khodadoostan M, et al)<sup>7</sup> where cecum and ascending colon was (29.6%) followed by (24.4%) descending colon, (19.6%) sigmoid, (13.9%) present in transverse colon and only (3.12%) was in the rectum.

The indication for colonoscopy included bleeding per rectum (50%), abdominal pain (25.6%), constipation (14.6%), diarrhea (4.9%), tenesmus (1.2%) others (3.7%). This is similar to (Majid A., et al)<sup>2</sup>

Tubular adenoma were the most frequent adenomatous polyps (71.2%), followed by villous adenoma (27.3%) and less frequently serrated adenoma (1.5%)

This differs from (Abdulkader A., et al)<sup>6</sup> where tubulovillous adenoma were the most frequent followed by tubular and villous adenoma; and differs from (Majid A., et al)<sup>2</sup> where the tubular adenoma was the most common followed by villous and tubulovillous adenoma. Low grade dysplasia was found in (68.2%) of adenomatous polyps; (28.8%) and (3%) are of moderate and high grade dysplasia respectively.

This differ from (Abdulkader A., et al)<sup>6</sup> where (35.5%) of adenomatous polyps Had low grade dysplasia and (64.5%) had high grade dysplasia.

Adenomatous polyps of the colon or rectum have been identified as precursors to colorectal cancer and as such are of critical importance in the early identification and potential prevention of cancer.<sup>4</sup>

The polyp detection rate in our study was 5.3% (82 cases with polyp out of 1538 colonoscopy), 80.5% of all detected polyps were adenomas which is less than the rates reported in neighboring countries as In Turkey; polyp detection rate was 11.1%, 81.7% of them were adenomas.<sup>3</sup> In Saudia Arabia polyp detection rate was 20.8% and adenoma detection rate was 8.1%.<sup>2</sup> Colorectal carcinoma is the third most common malignant tumor in USA and the second in Saudia Arabia<sup>6</sup> while it is the 6<sup>th</sup> malignant tumor in both genders in Thi-Qar.<sup>10</sup>

The fact that the colorectal cancer in our locality is also the least among other countries adds more weight to the low polyp and adenoma detection rate in our province being built on reliable colonoscopic examination than by missing existing polyps.

## Conclusion

1. The incidence of polyps is lower in our locality compare to other neighboring countries (Saudia Arabia and Turkiy)<sup>3,6</sup> and others like USA<sup>9</sup>

2. Most neoplastic polyps in our locality were low risk polyps (tubular with low grade dysplasia)

Our study is in consist with study of colorectal carcinoma in our province being the 6<sup>th</sup> one<sup>10</sup> (not common).

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## لمحة عن مشكلة سلائل القولون في ذي قار

الدكتورة لمياء جار الله ياسين  
مدرس في كلية الطب \ جامعة ذي قار

### الملخص

دراسة وصفية أجريت على ٨٢ مريض تم تشخيصهم بسلائل القولون من مجموع ١٥٣٨ ناظر قولوني أجري في مستشفى الحسين التعليمي ما بين عام ٢٠٠٧-٢٠١١. نسبة حدوث سلائل القولون هي (٥.٣%). بين ٨٢ مريض تم دراستهم (٦٧%) كانوا رجال و (٣٣%) نساء. معدل العمر كان ٤٢.٥ سنة يتراوح ما بين (٤-٨١) سنة. السلائل الغير ورمية كانت أكثر حدوثاً تحت عمر العشرين سنة بينما فوق عمر العشرين السلائل الورمية كانت هي الأكثر شيوعاً. النزف الشرجي (٥٠%) كان من أكثر العلامات حدوثاً متبوعاً بالآم البطن (٢٥.٦%). السلائل الورمية مثلت (٨٠.٥%) من المجموع الكلي بينما السلائل الغير ورمية تمثلت ب(١٩.٥%) فقط. معظم السلائل الغير ورمية تواجدت في المستقيم بينما سلائل القولون السيني كانت معظمها ورمية. من بين الاورام الغددية، الورم الغددي الانبوبي (٧١.٢%) كان الأكثر شيوعاً، الورم الغددي الزغبي (٢٧.٣%) بينما الورم الغددي المسنن هو الاقل شيوعاً (١.٥%). إن انخفاض النمو الشاذ للصف وجد في (٦٨.٢%) من السلائل الغددية بينما (٢٨.٨%) و (٣%) كانوا من النمو الشاذ المعتدل والعالي على التوالي.

### الاستنتاجات

١. إن نسبة السلائل في منطقتنا هي اقل من الدول المجاورة (السعودية العربية، تركيا) وباقي الدول مثل الولايات المتحدة الأمريكية
٢. معظم السلائل الورمية في منطقتنا هي منخفضة الخطورة (سلائل انبوبية مع انخفاض النمو الشاذ للصف)
٣. إن دراستنا هذه تتماشى مع دراسة سرطان القولون والمستقيم بكونه السادس في محافظتنا (غير شائع)