

Histopathological Characteristics of Colon Polyps – A Population-based Study in Tirana, Albania

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Abstract

Background: In Western countries the most common polyps are adenomatous.¹ There are no studies from Albania regarding of polyps in colorectal area.

Objectives: Our aim was to evaluate the predominant colorectal polyps in our two centers of Albania.

Material and Methods: We retrospectively analyzed the pathology reports of colonoscopies during a six-year study (2008-2013).

Results: During these years, patients with colorectal polyps were referred to these two centers. The most common types of polyps were adenomatous 300 (72.99%), followed by hyperplastic 69 (16.78%), inflammatory²⁵ (6.08%) and juvenile 17 (4.13%).

Discussion: Adenomatous polyps are the most frequently found polyps in our study. There are no studies from Albania regarding the distribution of different types of colorectal polyps. Therefore in this study we tried to evaluate the frequency of colorectal polyps concerning their type, age and gender.

Keywords: Colorectal polyp; Albania; Hyperplastic; Gastrointestinal; Adenomatous; Lesion; Colonoscopy

Background

The word polyp [1] in the gastrointestinal tract is used to describe any circumscribed lesion that projects above the surface of surrounding mucosa and used alone conveys nothing about the nature of such a lesion. It is only by microscopic examination that their true nature is determined. [2]. Colorectal polyps are very common. The most common polyps of the colorectal are the epithelial polyps which consist of adenomatous and hyperplastic polyps. The other less common polyps are nonepithelial polyps consist of inflammatory and juvenile polyps [3]. Colon polyps are important lesions and a concern because of the potential for colorectal cancer, one of the most common causes of cancer-related deaths in Albania.

Objectives

polyp through the scope into a poliptrap. Sometimes polyp tissue can also be grabbed with forceps or with a snare while the entire colonoscope is withdrawn. In case of the polypoid lesion suspected for malignancy, 7-10 specimens was taken in each lesion. Clinical data, including age, sex, endoscopic findings and clinical diagnosis were recorded. The sections were stained with HE. The slides were

Villous high grade dysplasia	0	2	6	1	1	0	1	2	13
Total	135	73	37	14	5	3	1	6	274

Table 4 Size Distribution of different types of adenomatous colorectal polyps

Discussion

Epithelial colorectal tumors are common pathologic entities. Their histology report should be comprehensive of a series of pathological parameters essential for the correct clinical management of the patients [4]. All adenomas have variable degrees of dysplasia ranging from low-grade to high-grade. Classically, it is believed that the malignant potential of adenomas

correlates with type of polyp, size and degree of dysplasia. Higher grades of dysplasia, increasing percentage of villous tissue within the polyp and polyps greater than 1 cm in diameter are associated with increased risk of malignancy [5]. Accurately identifying the colorectal polyps will promote better patient care [6]. The prevalence of colorectal adenomatous polyps varies widely from country to country [7]. It is very important to know the distribution of colorectal polyps in other countries, because it may affect the efficacy of screening modalities and also the prevalence of adenomas that are roughly equivalent to the risk of colorectal malignancies [8,9]. There are no studies from Albania and regarding the distribution of different types of colorectal polyps. Therefore in this study we tried to evaluate the frequency colorectal polyps concerning their type, age and gender. In this study the majority of polyps were adenomatous. Overall, in most of the studies from Western countries, adenomatous polyps were more common than hyperplastic polyps, these reports are comparable to our findings. In this study the majority of polyps were adenomatous located in the rectosigmoid area (Tables 1-4).

Table 3 [10] shows the comparison between our findings and other studies from Western countries and countries such as India [11], Thailand [12] and Hong Kong. Overall, in most of the studies from Western countries, adenomatous polyps were more common than hyperplastic polyps, these reports are comparable to our findings.

The results from Iran are very similar to those from Western countries such as Norway [13,14], and Canada [15] and different from reports of countries such as Denmark in which the number of hyperplastic polyps were more common than adenomatous polyps [9]. There are also uncommon reports from countries such as Thailand in which the most common type of polyps was juvenile type colorectal polyps [12].

References

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