

Clinical Features of Colorectal Carcinoma

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ABSTRACT

Aim: To record the frequency of clinical features of colorectal carcinoma.

Methods: This study included 100 cases of colorectal carcinoma at the Department of Surgery, Services Hospital Lahore, during 1st January 2016 to 31st December 2016. Digital rectal examination, proctosigmoidoscopy, abdominal ultrasound, contrast studies, colonoscopy, computerized tomography and I/V urography in selected cases was done. The common demographic information including age, gender and clinical presentation of these cases were recorded.

Results: The mean age as 45.87±6.58 years, majority of the patients were between 41-70 years of age i.e., 66(66%) while 34(34%) were between 20-40 years of age, 57(57%) cases were male whereas 43(43%) were females. Involved site of colorectal cancer shows rectum in 49(49%), 6(6%) anal canal, 2(2%) ascending colon, 3(3%) descending colon, 1(1%) transverse colon, 25(25%) sigmoid while 14(14%) involved caecum site. Regarding clinical presentation of colorectal cancer, altered bowel habits were recorded in 91(91%), abdominal pain in 80(80%), weight loss in 78(78%), bleeding per rectum in 53(53%), tenesmus in 48(48%) and abdominal distension in 29(29%).

Conclusion: We concluded that altered bowel habits is the leading clinical feature of colorectal carcinoma followed by per rectum bleeding, weight loss and abdominal pain while younger age population was also recorded in higher proportion.

Keywords: Colorectal carcinoma, clinical features, altered bowel habits, per rectum bleeding

INTRODUCTION

Colorectal cancer (CRC) is known as the 3rd most common cancer in male and females. Despite a significant reduction in its incidence a greater number of cases were expected to die in the year 2014.¹⁻³ Screening and surveillance may help in detection of this disease on early stages especially in absence of any symptom.¹ Around 30% of the cases are recorded with non-modifiable risk factors which may increase the risk of colorectal cancer,⁴ it includes personal and family history or advanced adenomas, inflammatory bowel disease (IBD) and hereditary polyposis syndrome.¹ Obesity, smoking, inactivity, and heavy intake of alcohol are modifiable risk factors⁵.

Though, colorectal cancer is commonly recorded in elderly age⁶. However, a significant number of cases are recorded in patients with less than forty years. Weight loss, anemia, tenesmus, per rectum bleeding and altered bowel habits are the common symptoms of colorectal cancer.⁷ A poor prognosis is recorded in cases with higher stage of CRC.⁸

Colorectal cancer may be diagnosed at an early stage in cases presenting with ano-rectal conditions if examined properly and well-in time.⁹ However, it is essential for the surgeons to detect these cases on

early stage considering the symptoms like weight loss, anemia, tenesmus, per rectum bleeding etc.

This study was planned to rule out the frequency of commonly clinical presentation of colorectal cancer in our population which may be helpful for early detection of CRC.

MATERIAL AND METHODS

This study included 100 cases of colorectal carcinoma at the Department of Surgery, Services Hospital Lahore, during 1st January 2016 to 31st December 2016. Digital rectal examination, proctosigmoidoscopy, abdominal ultrasound, contrast studies, colonoscopy, computerized tomography and I/V urography in selected cases was done. The common demographic information including age, gender and clinical presentation of these cases were recorded. A proper history and medical record was also evaluated.

RESULTS

We recorded mean age as 45.87±6.58 years, majority of the patients were between 41-70 years of age i.e., 66(66%) while 34(34%) were between 20-40 years of age, 57(57%) cases were male whereas 43(43%) were females (Tables 1-2). Involved site of colorectal cancer shows rectum in 49(49%), 6(6%) anal canal, 2(2%) ascending colon, 3(3%) descending colon, 1(1%) transverse colon, 25(25%) sigmoid while 14(14%) involved cecum site (Table 3).

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Regarding clinical presentation of colorectal cancer, altered bowel habits were recorded in 91(91%), abdominal pain in 80(80%), weight loss in 78(78%), bleeding per rectum in 53(53%), Tenesmus in 48(48%) and abdominal distension in 29(29%) (Table 4).

Table 1: Age distribution (n=100)

Age	n.	%age
20-40	34	34
41-70	66	66

Table 2: Gender distribution (n=100)

Gender	n	%age
Male	57	57
Female	43	43

Table 3: Involved site of colorectal carcinoma (n=100)

Involved site	n	%age
Rectum	4	49.0
Anal canal	6	6.0
Ascending colon	3	3.0
Descending colon	1	1.0
Transverse colon	25	25.0
Sigmoid	25	25.0
Cecum	14	14.0

Table 4: Clinical presentation of colorectal cancer

Clinical presentation	n	%age
Bleeding per rectum	53	53.0
Abdominal pain	80	80.0
Tenesmus	48	48.0
Abdominal distension	2	29.0
Weight loss	78	78.0
Altered bowel habits	91	1.0

DISCUSSION

Colorectal carcinoma is commonly recorded in elderly aged population, however, younger age group was also recorded in a significant proportion, as recorded in this study which is similar to the findings of Karsten B¹⁰.

A Saudi Arabian study¹¹ reveal 60 years as a median age at the time of diagnosis of colorectal carcinoma, which is slightly higher than our study but an alarming situation regarding its higher incidence in younger aged group. Our findings are consistent with a recent study at Burundi showing 22 males (59.5%) and 15 females (40.5%), mean age 50.8 years,

The altered bowel habit was found as the commonest clinical presentation i.e. 91%. Some other local studies recorded this clinical presentation as 35.71% and 30% which is significantly lower than recorded in our study^{13,14}.

Second commonest feature was abdominal pain recorded in 80% of the cases and similar to some western studies^{15,16}.

Third commonest feature was loss of weight recorded in 78% of the cases in our study, we could not find exact mechanism of this feature however, it

may be due to decrease in intake with the other factor i.e. abdominal pain. These findings are also consistent with a study by Ahmad M et al²³ recorded 62% of the cases in Lahore. Bleeding per rectum and tenesmus are also common clinical feature of colorectal carcinoma in our study.

In summary, younger age population is found with increasing frequency in colorectal carcinoma while altered bowel habits, per rectum bleeding, weight loss and abdominal pain are also the commonest clinical features.

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