

Prevalence of Meigs Syndrome

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ABSTRACT

Background: Meigs syndrome is the triad of benign ovarian tumor, ascites and pleural effusion^[1]. Ovarian fibromas form the most of the benign tumors seen in Meigs syndrome. Currently it is predicted that 4–6% of women of 15-65 ages as having Meigs syndrome. Evaluation of research reports shows that the prevalence of Meigs syndrome is more on investigation.

Aim: To determine the prevalence Meigs Syndrome in a community.

Methodology: The study was carried out in Bakhatawar Amin Medical College and Hospital Multan from May 2017 to October 2017. 1000 women of aged 15–65 years who were visiting the hospital for gynecological problems were take into the study after their consents and were evaluated as having Meigs syndrome after history, clinical examination and investigations that were documented over a period of 06 months. All data entered by using SPSS and analytic assessment was made.

Results: Out of 1000 patients who were evaluated for their gynecological problems, 30 patients were diagnosed as having Meigs syndrome. (3 %)

Conclusion: There is wide spread of prevalence of Meigs Syndrome in the community.

Keywords: Meigs Syndrome –MS , Ovarian Tumors –OT, Pleural effusion –PE , Ascites- AS

INTRODUCTION

Meigs syndrome is the triad of benign ovarian tumor, ascites and pleural effusion¹. Ovarian fibromas form the most of the benign tumors seen in Meigs syndrome. Currently it is predicted that 4–6% of women of 15-65 ages as having Meigs syndrome. Evaluation of research reports shows that the prevalence of Meigs syndrome is more on investigation. Proper identification and diagnosis of the Meigs syndrome and its impact on family, society and economy disorder can be reduced as effective treatments are available. Ovarian tumors are more in women in high socio-economic class. The prevalence is not known internationally. The Life expectancy of patients having Meigs syndrome reveals that less than 2% of people turn into malignant². Meigs syndrome not converted to malignant and if treated promptly and its prognosis is excellent³ Meigs syndrome is the triad of benign ovarian tumor, ascites and pleural effusion¹. Ovarian fibromas form the most of the benign tumors seen in Meigs syndrome. Currently it is predicted that 4–6% of women of 15-65 ages as having Meigs syndrome. Evaluation of research reports shows that the prevalence of Meigs syndrome is more on investigation. Proper identification and diagnosis of the Meigs syndrome and its impact on family, society and economy disorder can be reduced as effective treatments are available. Ovarian tumors are more in women in high socio-economic class. The prevalence is not known internationally. The Life expectancy of patients having Meigs syndrome reveals that less than 2% of people turn into malignant². Meigs syndrome not converted to malignant and if treated promptly and its prognosis is excellent³ Meigs syndrome occur after menopause mostly but in young adolescent, is is also found⁴. There is few epidemiological data that provide the prevalence of Meigs syndrome in the community regardless of plenty of clinical researches. There is dire need to conduct the study for

knowing the prevalence of Meigs syndrome in the community. Meigs syndrome occur after menopause mostly but in young adolescent, is also found⁵. There is few epidemiological data that provide the prevalence of Meigs syndrome in the community regardless of plenty of clinical researches. There is dire need to conduct the study for knowing the prevalence of Meigs syndrome in the community. The chief complaints of the patients are tiredness, difficulty in breathing, changes in weight, dry cough, gas in abdomen, amenorrhea, disturb menses cycles. The signs are tachypnea, tachycardia, in the Lungs - Dull to percussion, decrease breath sounds, suggesting pleural effusion. In abdomen, a unilateral pelvic mass,^[5] but sometimes, no mass but ascites is present. Pelvis examination shows a pelvic mass. In malignancy, there may be normal CA-125 level⁶. The treatment of Meigs syndrome is mostly symptomatic in addition to surgical resection of tumor⁷. Exploratory laparotomy and surgical staging is the treatment of choice. Meigs syndrome is a benign disease not converted to malignant and if managed promptly, recurrence not occurs. Meigs syndrome is a rare but properly manageable.

The objective of the study was to determine the prevalence Meigs Syndrome in a community.

METHODOLOGY

The study was carried out in Bakhatawar Amin Medical College and Hospital Multan from May 2017 to October 2017. 1000 women of aged 15–60 years who were visiting the hospital for gynecological problems were take into the study after their consents and were evaluated as having Meigs syndrome after history, clinical examination and investigations that were documented over a period of 06 months. All data entered by using SPSS and analytic assessment was made.

RESULTS

A total of 1000 patients having gynecological problems who were evaluated for Meigs syndrome, majority belongs to age group 35-45 with range of 15-65 years (Table-1).

Out of 1000, majority (500) lived in posh area, while 200 lived in urban area and 300 lived in rural area (Table-2).

Out of 1000, 200 were graduate, 400 were matric while 400 were under matric (Table-3).

Out of 1000, 600 were house wife and 400 were in the government service (Table-4).

A total of 1000 patients who were evaluated for their gynecological problems, 30 patients were diagnosed as having Meigs syndrome. (3 %) (Table-5)

Out of 1000 women who were evaluated and having Meigs Syndrome. 25 (84 %) women out of 30 having Meigs Syndrome belong to more than 45 years of age and 5 (16%) belong to less than 20 years of age (Table-6)

Table-1: Frequency distribution of Patients according to age:

Age	Frequency	Percentage
15-25	100	10
25-35	100	10
35-45	600	60
45-65	200	20
Total	10000	100

Table-2: Frequency distribution of Patients according to locality of residence.

Locality	Frequency	Percentage
Posh area	500	50
Urban	200	20
Rural	300	30
Total	1000	100

Table-3: Frequency distribution of Patients according to their education (Table-3).

Education Level	Frequency	Percentage
Graduate	200	20
Matric	400	40
Under Matric	400	40
Total	1000	100

Table-4: Frequency distribution of Patients according to their occupation.

Occupation	Frequency	Percentage
House wife	600	60
Govt. Servants	400	40
Total	1000	100

Table-5: Frequency distribution of Patients evaluated as having Meigs syndrome

Meigs Syndrome	Frequency	Percentage
Yes,	30	3
No,	970	97
Total	1000	100

Table-6: Frequency distribution of Patients prevalent as having Meigs syndrome with relation to age

Meigs Syndrome	Frequency	Percentage
>45 years	25	84
<20 years	5	16
Total	30	100

DISCUSSION

Meigs syndrome is the triad of benign ovarian tumor, ascites and pleural effusion^[1]. Ovarian fibromas form the most of the benign tumors seen in Meigs syndrome. Currently it is predicted that 4–6% of women of 15-65 ages as having Meigs syndrome. Evaluation of research reports shows that the prevalence of Meigs syndrome is more on investigation. Proper identification and diagnosis of the Meigs syndrome and its impact on family, society and economy disorder can be reduced as effective treatments are available. Ovarian tumors are more in women in high socio-economic class. The prevalence is not known internationally. The Life expectancy of patients having Meigs syndrome reveals that less than 2% of people turn into malignant². Meigs syndrome not converted to malignant and if treated promptly and its prognosis is excellent. Meigs syndrome occur after menopause mostly but in young adolescent, is also found. There is few epidemiological data that provide the prevalence of Meigs syndrome in the community regardless of plenty of clinical researches. There is dire need to conduct the study for knowing the prevalence of Meigs syndrome in the community. In our study, the prevalence of Meigs syndrome is 30(3%) out of 1000 women who were evaluated and having Meigs Syndrome. 25 women out of 30 having Meigs Syndrome belong to more than 45 years of age and 5 belong to less than 20 years. In 1934, Salmon explained the relationship of pleural effusion with benign pelvic tumors. In 1937, Meigs and Cass described seven cases of ovarian fibromas associated with ascites and pleural effusion⁸: Rhoads and Terrel in 1937 labelled the syndrome as Meigs syndrome^[9]The benign tumors include those of the fallopian tube or uterus and mature teratomas, struma ovarii, and ovarian leiomyomas¹⁰. In 10-15% of cases, the ascites is present while in 1% of cases hydrothorax is found^{11,12}.

In Meigs syndrome, after the removal of the tumor, the expectancy of life is the same as with the population and less than 2% of people turn into malignant¹³.

CONCLUSION

There is wide spread prevalence of Meigs Syndrome in the community.

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