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ORIGINAL ARTICLE

Gastric polyps: Retrospective analysis of 41,253 upper endoscopies[☆]

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KEYWORDS

Gastric polyps;
Gastroscopy;
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Abstract

Introduction: Gastric polyps are usually asymptomatic lesions incidentally discovered during endoscopy.

Objective: To study the frequency of different types of gastric polyps in our population and their possible association with other factors.

Patients and methods: Retrospective study of gastroscopies performed in a tertiary hospital over a ten-year period. Demographics, medical history, indication for gastroscopy and morphological and histological characteristics of polyps were collected.

Results: Gastric polyps were found in 827 out of 41253 (2%) reviewed gastroscopies, corresponding to 709 patients. Mean age was 65.6 years, and 62% were female. 53.9% of patients had multiple polyps. The most common location was the fundus and 83.3% were smaller than 1 cm. Histopathology was obtained in 607 patients: hyperplastic polyps were the most common (42.8%), followed by fundic gland polyps (37.7%). Factors independently associated with hyperplastic polyps were age and single polyp, size ≥ 6 mm and location other than fundus. In contrast, fundic gland polyps were associated with reflux and multiple polyps, size < 6 mm and located in fundus. Adenomas were independently associated with single polyp.

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PALABRAS CLAVE

Pólipos gástricos;
Gastroscoopia;
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Conclusions: Fundic gland and hyperplastic polyps are the most common in our population and have characteristic features that can guide histological diagnosis. With single polyps it is advisable to take biopsies to rule out adenoma.

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Pólipos gástricos: análisis retrospectivo de 41.253 endoscopias digestivas altas**Resumen**

Introducción: Los pólipos gástricos son lesiones habitualmente asintomáticas y constituyen un hallazgo durante la realización de una endoscopia.

Objetivo: Estudiar la frecuencia de los diferentes tipos de pólipos gástricos en nuestro medio y su posible asociación con otros factores.

Pacientes y métodos: Estudio retrospectivo de las gastroscopias realizadas durante 10 años en un hospital de tercer nivel. Se recogieron datos demográficos, antecedentes patológicos, indicación de la gastroscoopia y características morfológicas e histológicas de los pólipos.

Resultados: Se incluyeron 41.253 gastroscopias, identificándose 827 (2%) con pólipos gástricos correspondientes a 709 pacientes. La edad media fue 65,6 años y un 62% fueron mujeres. El 53,9% tenían múltiples pólipos. La localización más frecuente fue fundus y la mayoría fueron menores de 1 cm (83,3%). Se obtuvo muestra para anatomía patológica en 607 pacientes, siendo los más frecuentes los pólipos hiperplásicos (42,8%), seguidos de los pólipos de glándula fúndica (37,7%).

Los factores que se asociaron de forma independiente a los pólipos hiperplásicos fueron la edad y el ser pólipo único, de tamaño ≥ 6 mm y localización no fúndica. Contrariamente, los de glándula fúndica se asociaron a la indicación por reflujo y el ser múltiples, < 6 mm y localizados en fundus. Los pólipos adenomatosos se asociaron a ser un pólipo único.

Conclusiones: Los pólipos de glándula fúndica e hiperplásicos son los más frecuentes en nuestro medio, y tienen rasgos contrarios que pueden orientar al diagnóstico histológico. En el caso de pólipos únicos es recomendable la toma de biopsias para descartar el diagnóstico de adenoma.

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Introduction

Gastric polyps are usually asymptomatic lesions that tend to be diagnosed during an upper gastrointestinal tract endoscopy. Their prevalence is variable, from 0.3 to 6% in different studies,^{1,2} and they have been associated with various factors, such as *H. pylori* infection, proton-pump inhibitor (PPI) use and chronic atrophic gastritis.^{3,4}

The classification of gastric polyps is based on their histological characteristics. The most prevalent are epithelial polyps, and the most common among them are hyperplastic and fundic gland polyps, with adenomatous polyps being much less common, representing only 1–12%.^{1,2,5,6} However, this distribution varies widely based on the population studied.

Gastric polyps, like those in other locations, can become malignant. The risk of malignant transformation depends on the histological type: hyperplastic polyps have a low risk of malignant transformation (2%),⁷ while adenomas have a higher risk (up to 30%).^{8–10} The importance of the histological exam stems from the fact that the macroscopic appearance and pathological anatomy study results do not always match.^{11,12} Biopsies may also not be representative of the entire polyp.^{13,14} Therefore, the existence of factors

associated with the different histological types of gastric polyps can be useful when making clinical decisions.

The objective of our work was to study the frequency of the different types of gastric polyps in our area and to identify the factors associated with the most common histological types.

Patients and methods

A retrospective study in which all gastroscopies (scheduled and emergency) performed at a tertiary-level hospital (Hospital Clínic de Barcelona [Hospital Clínic of Barcelona]) from January 2002 to September 2012 were reviewed. Gastroscopies were identified manually based on the reports stored in the endoscopy unit file. Follow-up gastroscopies performed on the same patient were not excluded. Endoscopic reports were prepared with the Endobase system (Olympus, Germany).

All data regarding patients and the characteristics of the polyps were obtained from the electronic medical record and the endoscopy reports, respectively. Demographic data were collected (sex, age), relevant pathological history (cirrhosis, colon polyps, colorectal cancer or hereditary polyposis syndrome) as well as data related to the endoscopy

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