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Gastrointestinal neoplasms in young patients: types and characteristics
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Abstract:
Introduction Gastrointestinal neoplasms in young patients have become increasingly common over the last few years. The aim of this study was to study the frequency of various gastrointestinal neoplasms observed in this age group. Methods In this cross-sectional study, young patients (i.e <40 years) presenting with any of the gastrointestinal neoplasms (GIN) from 2014 to 2018 were included in the study. All baseline laboratory tests followed by tissue diagnosis of the affected area of the gastrointestinal tract were performed. Staging of the disease was performed for malignant lesions. Results Among the 60 patients included in the study, 32 (53.3%) were males. Mean age was 30.3 (+ 9.22) (Range: 6 – 40). Most GIN (93.3%; n=56) were malignant. The neoplasms observed were lower gastrointestinal (LGI) 18 (30%), upper gastrointestinal (UGI) 17 (28.3%), hepatobiliary 16 (26.7%) and periampullary 9 (15%). The commonest UGI cancers originated from esophagus 7 and stomach 7 while those among the LGI originated from rectum 12 and colon 6. The commonest hepatobiliary tumors included hilar cholangiocarcinoma 5, gall bladder cancer 3 and hepatocellular cancer 3; while the commonest periampullary cancers originated from ampulla of Vater 4 and periampullary duodenum 2. Among patients with malignant neoplasm, majority of the gastrointestinal (upper & lower GIT) (70.6%) and peri-ampullary cancers (75%) were resectable; while majority of hepatobiliary cancers (87.5%) were unresectable. Conclusion Among the malignancies observed in young patients, the most common were those of the lower GI tract followed by those of the upper GI tract, hepatobiliary and periampullary region.