

HISTOPATHOLOGICAL & STATISTICAL STUDY OF NEOPLASTIC AND NONNEOPLASTIC COLORECTAL POLYPS

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The Master Degree in Pathology
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ABSTRACT

Aim of Work: Analysis of colorectal polyps cases in 5 years duration, to detect rate of occurrence of different types. Statistical evaluation of all available data in the request sheets and the pathological findings of cases is done.

Methods: Slides and data were obtained from archives of pathology department, Faculty of Medicine, Cairo University, Kasr El Aini Hospitals (2006-2010).

Results: 225 colorectal polyps cases were studied, 168 are nonneoplastic polyps and 57 are neoplastic polyps. The mean age of patients with nonneoplastic polyps is 36.6 years; while that of patients with neoplastic polyps is 51.2 years. The male predominance is clear in the results of this study as the male to female ratio in nonneoplastic polyps is 1.8:1 and of the neoplastic polyps is 2:1. The presenting symptom in this study is bleeding per rectum, being the main symptom in 67.2% of cases. The rectal region is the most common segment involved, 49.7% of polyps are found in the rectum. Most of the nonneoplastic polyps are pedunculated (51%) while the majority of neoplastic polyps are sessile (77.8%). The tubular adenoma is the most common type representing 47% of the adenomatous polyps. Most adenomas are of low grade dysplasia. Mixed hyperplastic adenomatous polyps represent 8.4% of colorectal polyps, while serrated adenomas represent 1.8% of colorectal polyps. Hyperplastic polyps are the most common type in non neoplastic polyps (44%), followed by hamartomatous polyps (35%).

Recommendations: Understanding the natural occurrence and the features of colorectal polyps is crucial in any CRC prevention strategy. A CRC screening program represents an urgent need nowadays.

Key words: Colorectal polyps, epidemiology, risk factors, classification, adenomas, serrated polyps, dysplasia, polyposis syndromes, screening.

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LIST OF CONTENTS

	Page
Introduction	1
Aim of work	4
Review of literature	5
• Anatomy of the large intestine	5
• Epidemiology of colorectal polyps	8
• Risk factors	9
• Classification of large intestinal polyps	13
• Epithelial colorectal polyps	16
○ Adenomatous polyps	16
○ Serrated polyps	24
○ Hamartomatous polyps	32
○ Inflammatory polyps	34
• Non epithelial colorectal polyps	40
○ Lymphoid polyps	40
○ Leiomyomatous polyps	41
○ Lipomatous polyps	41
○ Vascular hamartomas	42
○ Neurogenic tumours	42
○ Miscellaneous polyps	43
• Gastrointestinal polyposis syndromes	45
• The adenoma-carcinoma sequence	54
• Screening and surveillance	59
Material and Methods	64
Results	66
Discussion	90

Summary.....	95
Conclusions.....	97
Recommendation.....	98
References.....	99
Arabic Summary.....	118

LIST OF TABLES

Table No.	Title	Page
1	Classification of large intestinal polyps	13
2	Hyperplastic polyps versus serrated adenomas	26
3	Serrated adenoma and sessile serrated adenoma	27
4	The Vienna classification of gastrointestinal epithelial neoplasia	30
5	Biopsy classification of dysplasia in inflammatory bowel disease	36
6	Features that can help to distinguish between sporadic adenoma and colitis-associated dysplasia	37
7	Comparison between HNPCC and FAP	49
8	Nonhereditary polyposis syndromes	52
9	Risk of developing colorectal cancer in colorectal polyps	54
10	American Cancer Society guidelines for the early detection of CRC and adenomas in people at increased risk or at high risk	61
11	Distribution of colorectal polyps cases per year in Kasr El Aini Hospital	66
12	Frequency of neoplastic polyps and nonneoplastic polyps	67
13	Frequency of different types of neoplastic polyps	68
14	Different types of adenomas	69
15	Degree of dysplasia in different adenomatous polyps	70

16	Different types of neoplastic serrated polyps	71
17	Frequencies of different types of nonneoplastic polyps	72
18	Frequencies of different types of inflammatory polyps	73
19	Clinicopathological data of the study group	74
20	Age distribution among different types of neoplastic polyps	76
21	Gender comparison in neoplastic polyps	76
22	Site distribution among neoplastic colorectal polyps	76
23	Presence of single and multiple polyps among neoplastic polyps	76
24	Gross picture as regards presence of a pedicle in neoplastic polyps (pedunculated or sessile)	77
25	Clinical presentation of patients with neoplastic colorectal polyps	77
26	Age distribution among different types of nonneoplastic polyps	78
27	Gender comparison in nonneoplastic polyps	78
28	Site distribution among nonneoplastic colorectal polyps	78
29	Presence of single and multiple polyps among nonneoplastic polyps	79
30	Gross picture as regards presence of a pedicle in nonneoplastic polyps (pedunculated or sessile)	79
31	Clinical presentation of patients with nonneoplastic colorectal polyps	79

LIST OF FIGURES

Figure No.	Title	Page
1	Anatomy of the large intestine	6
2	Aberrant crypt foci A- Endoscopy with methylene blue staining B- H&E (200)	15
3	Colorectal carcinogenesis, the adenoma-carcinoma sequence	57
4	Tubular adenoma H&E (100)	80
5	Tubular adenoma H&E (200)	80
6	Villous adenoma H&E (40)	81
7	Villous adenoma H&E (200)	81
8	Tubular adenoma with high grade dysplasia H&E (100)	82
9	Tubular adenoma with high grade dysplasia H&E (200)	82
10	Serrated adenoma H&E (100)	83
11	Serrated adenoma H&E (200)	83
12	Mixed hyperplastic adenomatous polyp H&E(40)	84
13	Hyperplastic polyp H&E (100)	84
14	Inflammatory pseudopolyp H&E (40)	85
15	Inflammatory polyp H&E (100)	85
16	Hamartomatous polyp H&E (100)	86
17	Hamartomatous polyp H&E (200)	86
18	Bilharzial polyp H&E (40)	87
19	Bilharzial polyp H&E (200)	87
20	Inflammatory fibroid polyp H&E (100)	88
21	Inflammatory fibroid polyp H&E (200)	88
22	Lymphoid polyp H&E (100)	89
23	Lymphoid polyp H&E (400)	89

LIST OF GRAPHS

Figure No.	Title	Page
1	Distribution of colorectal polyps cases per year in Kasr El Aini Hospital	66
2	Percentage of neoplastic polyps to non neoplastic polyps	67
3	Types of neoplastic polyps	68
4	Types of adenomas	69
5	Types of neoplastic serrated polyps	71
6	Types of non neoplastic polyps	72
7	Types of inflammatory polyps	73

LIST OF ABBREVIATIONS

AAPC	Attenuated Adenomatous Polyposis Coli
ACF	Aberrant crypt foci
APC	Adenomatous Polyposis Coli
BMI	Basal Metabolic Index
CRC	Colorectal carcinoma
COX-2	Cyclooxygenase 2
CS	Cowden syndrome
CSPY	Colonoscopy
CTC	Computed tomographic colonography
DALM	Dysplasia Associated Lesion or Mass
DCBE	Double-contrast barium enema
DCC	Deleted colon cancer
FAP	Familial Adenomatous Polyposis
FSIG	Flexible sigmoidoscopy
GST-Pi	Human placental glutathione S- transferase
gFOBT	guaiac-based fecal occult blood test
GI	Gastrointestinal
HP	Hyperplastic polyp
HNPCC	Hereditary Non-Polyposis Colon Cancer
LKB1	Liver kinase B1
LOH	Loss of heterozygosity
JPS	Juvenile polyposis syndrome
MALT	Mucosa-Associated Lymphoid Tissue
MAP	MUTYH- associated polyposis
MEN	Multiple endocrine neoplasia
MGMT	Methylguanine DNA methyltransferase
MHAP	Mixed hyperplastic adenomatous polyp

MSI	Microsatellite Instability
NF1	Neurofibromatosis type 1
NSAID	Non-Steroidal Anti-Inflammatory Drug
PTEN	Phosphatase and tensin homolog
SA	Serrated adenoma
sDNA	Stool DNA test
SSA	Sessile serrated adenoma
STK	Serine threonine kinase
TSA	Traditional serrated adenoma
WHO	World Health Organization

Introduction

With the increase in the number of screening colonoscopic procedures, the gastrointestinal tract has now become more accessible to clinical investigators. Polyps are amongst the most common lesions biopsied and/or removed at the time of colonoscopy. The term “Polyp” derives from the Greek for “multiple feet” (poly, many and pes, feet) or “little nipple”. In clinical practice a polyp is defined as “a circumscribed protrusion above the mucosa, stalked or sessile” **(Maratka, 1989)**.

The apparent yield of colonoscopy in terms of polyp detection is at least 24% **(Cooper et al, 2005)**. The biological behavior of a polyp relates entirely to its pathological nature; hence the importance of an accurate histological diagnosis. Colorectal polyps are classified histologically as neoplastic or non-neoplastic. Those polyps that arise as the result of proliferation and dysplasia are termed adenomatous polyps or adenomas. They are true neoplastic lesions and precursors of carcinoma **(Burgart, 2002)**.

The risk of cancer developing within an adenoma increases with size, grade of dysplasia and villosity. These features, together with polyp numbers, are also predictive of metachronous neoplasia **(Jass et al, 2006)**.

Adenomas are classified microscopically as tubular, tubulovillous or villous adenomas. The tubular adenomas are composed of branched tubules of dysplastic tissue while villous adenomas contain frond-like villiform extensions of dysplastic epithelium; tubulovillous are typically intermediate between tubular and villous adenomas. Dysplasia can be classified as low grade or high grade **(Jass, 2002)**.

In the United States autopsy studies, adenomas are present in 20% at age 40 years, 50% at age 60; almost all have tubular adenomas, <5% have tubulovillous or villous adenomas (**Sturl et al, 2006**). 30% develop new polyps after mean 26 month follow up; higher risk if 3 or more adenomas and at least one in proximal colon (**Bonithon-Kopp et al, 2004**).

Differential diagnosis is extremely variable. Beside adenomas, other types of polypoid lesions include hyperplastic polyps (90% of all polyps), serrated adenomas, hamartomatous polyps, and inflammatory polyps (**De Leon and Di Gregorio, 2001**).

Previously, hyperplastic polyps were perceived as harmless lesions without any potential for malignant progression mainly because hyperplastic polyps are missing cytological atypia. However, **Urbanski et al in (1984)** reported the first case of colonic adenocarcinoma arising within a polyp with the mixed histology of a hyperplastic polyp and tubular adenoma.

In **(1990)**, **Longacre and Fenoglio-Preiser** classified and named “serrated adenoma (SA)” and “mixed hyperplastic adenomatous polyp (MHAP)” to differentiate it from other types of polyps and to emphasize its neoplastic nature.

Since then, evidences revealed that the lesions, formerly classified as hyperplastic, represent a heterogeneous group of polyps with characteristic serrated morphology some of which exhibit a significant risk of sporadic colorectal cancer through a distinct pathway via mechanism of DNA microsatellite instability (**Goldstein et al, 2003**).

Serrated lesions (excluding traditional serrated adenomas TSAs and mixed lesions) could be subdivided into polyps with "abnormal" proliferation

(sessile serrated polyp) and those with "normal" proliferation (hyperplastic polyps) **(Torlakovic et al, 2003)**.

Diagnostic criteria and nomenclature for these lesions are not uniform and, therefore, somewhat confusing. Therefore, standardization of nomenclature and diagnostic criteria as well as recommendations for clinical management of these polyps is important **(Aust and Baretton, 2010)**.

Encountering numerous colorectal polyps during a colonoscopy should prompt consideration of several potential diagnoses, which may have very different treatment strategies. The differential diagnosis for colorectal polyposis encompasses genetic syndromes and underlying inflammatory conditions that often require coordinated endoscopic, medical, and surgical management **(Perencevich, 2011)**.