

# AGE-MATCHED ANATOMICAL DISTRIBUTION AND HISTOLOGY OF COLORECTAL POLYPS ON COLONOSCOPY: A REAL TIME FIVE YEAR SINGLE CENTER EXPERIENCE IN CEBU CITY, PHILIPPINES

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**Background:** Philippines is one of the countries with the most rapid increase in incidence and mortality from colorectal cancer, wherein around 17% occur in individuals below 40 years old (3,4). This study aims to determine the age-matched distribution of colorectal polyps in relation to histology.

**Methodology:** This is a retrospective study of all Filipino patients who underwent colonoscopy with colonic polyps at a private tertiary hospital in Cebu City from January 2014 to December 2018. Patients with history of colon carcinoma, prior surgeries, FAP and IBD were excluded. Demographic profile, indications for colonoscopy, polyp location and histopathology results were collected and data were analyzed using SPSS version 22.

**Results:** Majority of patients with colonic polyps were male (56.3%) and mostly belongs to 50 to 69 years age group (60.3%). Adenomas are the most common type of polyp and located mostly in the sigmoid colon. A significant proportion of colonic polyps, except for juvenile type are located on the left side. A subgroup analysis of adenoma revealed that a significant proportion of male patients harbor adenomas at 50-69 years age group (0.001) located in the left side of the colon (0.000).

**Conclusion:** These data supports that majority of the polyps, including adenoma are usually located in the left side of the colon, specifically the sigmoid and still higher in patients above 50 years old. However, we cannot disregard the number of adenomas in young patients thus could form a bases for earlier screening initiation.

**Keywords:** colonic polyps, age-matched, adenoma