

## Distribution of colorectal Polyps: crosssectional study in northeastern Iran

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### **Abstract**

**Introduction:** Majority of colorectal carcinomas (CRCs) arise from adenomatous polyps. One approach to prevention is based on recognition and removal of polyps. The distribution of polyps in the colon may affect the efficacy of screening modalities. The aim of this study was to determine pathology characteristics of colorectal polyps in the northeast Iran.

**Methods:** This cross sectional survey covered 437 polypectomies and polyp biopsys, with anatomical distribution, and histopathology of the polyps described in 2013--2015 in Emam Reza hospital in Mashhad.

**Results:** Polyps were observed in 235 males and 202 females with mean age of 52.96 YO. The distribution was 35.01(153) percent located in the rectum, 34.3(150) percent in the sigmoid colon, 9.3(41) percent in the descending colon, 8.2(36) percent in the transverse colon, and 8.6(38) percent in ascending colon and 5.4(24) percent in the cecum. Adenomas were present in 72.3% cases, of these 83.3% were left-sided and 16% were right-sided. among adenomatous polyps there were 46.7% tubular adenoma, 20.6% tubulovillous, 3.4% villous, 1.4% serrated. high grade dysplasia was observed in 29.3% of our patient. Of total 437 patients 129 (29.5%) were under age 45 YO.

**Conclusion:** This study showed a significant number of adenomas in left side. The increasing right-sided prevalence of these lesions with age suggests that evaluation of the proximal bowel is particularly important in older people. And also high prevalence of colorectal polyps in younger patients were observed.

**Key words:** Polyp distribution - polypectomy - pathology - screening significance