

Spectrum of benign anorectal diseases of patients admitted to Ibn - Sena general hospital in Mukalla city during period 2010-2014

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Abstract:

Background: The benign anorectal diseases are common problems that affect scores of patients. These disorders not only provide the basis for the proctology practice for colorectal surgeons, but also the general surgeons and primary care physicians.

Objective: To describe the spectrum of benign anorectal diseases among patients attending to general Ibn-Sena hospital in Mukalla city during 2010 – 2014.

Methods: This is retrospective descriptive study, was carried out in Hadhramout governorate –Yemen between period of January 2010 and June 2014. Total of 1128 patients, both male and female of all age groups, having benign anorectal disease were including in this study. Their age group classified to less than 25 years, between 25-49 years, and more than 50 year. The data was obtained from case files of patients admitted to surgical department of Ibn-Sena general hospital, for all benign anorectal disease cases registered for treatment during 2010-2014. Data collection include age, sex, surgical and histopathology diagnosis.

Results: The results showed that the most common type of the anorectal diseases was hemorrhoids which presented 771 of the whole cases (68.2 %) followed by perianal fistula which presented 231 of whole cases (20.4%), anal fissure which presented 117 cases (10.3 %), benign tumors which presented 15 cases (1.6%) and rectal prolapse which presented 6 cases (0.5 %), while the least common type was the pilonidal sinus which presented 3 cases (0.3%). They were common in females (59.4%), in 25-49 years age group (58%), and bleeding was the commonest symptom (35.19%).

Conclusions: Hemorrhoids was the commonest benign anorectal disease in our study. Benign anorectal diseases were frequent among females, with peak incidence detected in 25-49 years age group, and bleeding was the commonest presentation.

Keywords: Anorectal disease, hemorrhoids, Mukalla.

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طيف أمراض الشرج والمستقيم الحميدة عند المرضى الذين تم إدخالهم إلى مستشفى ابن سينا العام في مدينة المكلا خلال الفترة 2010-2014م

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الملخص:

الخلفية: الأمراض الشرجية الحميدة هي مشاكل شائعة تؤثر على عشرات المرضى. هذه الاضطرابات لا توفر فقط الأساس للممارسة العملية لجراحي القولون والمستقيم ، بل كذلك الجراحين العاميين وأطباء الرعاية الصحية الأولية.

الهدف: وصف طيف أمراض الشرج والمستقيم الحميدة عند المرضى الذين ارتادوا مستشفى ابن سينا العام في مدينة المكلا خلال الفترة 2010 – 2014م.

الطريقة: هذه دراسة وصفية بأثر رجعي، أجريت في محافظة حضرموت – اليمن في الفترة من يناير 2010 إلى يونيو 2014م. وقد شملت الدراسة 1128 مريضاً من الذكور والإناث من جميع الفئات العمرية، يعانون من مرض شرجي-مستقيمي حميد. تم الحصول على البيانات من الملفات الخاصة بالمرضى الذين تم إدخالهم إلى قسم الجراحة في مستشفى ابن سينا العام، لجميع الحالات المرضية الحميدة المسجلة للعلاج خلال 2010 – 2014م.

وتشمل مجموعة البيانات العمر والجنس والتشخيص الجراحي والتشخيص المعتمد على الفحص النسيجي. وقد تم تصنيف الفئات العمرية إلى أقل من 25 عاماً، بين 25-49 سنة، وأكثر من 50 عاماً.

النتائج: أظهرت النتائج أن النوع الأكثر شيوعاً من الأمراض الشرجية هو البواسير الذي كان في 771 من مجمل الحالات (68.2 %) يليه الناسور حول الشرجي في 231 من الحالات (20.4 %) ، الشق الشرجي في 117 حالة (10.3 %) ، الأورام الحميدة في 15 حالة (1.6 %) ، وتدلّي المستقيم في 6 حالات (0.5 %) ، في حين أن النوع الأقل شيوعاً هو الجيب الناسوري الذي وجد في 3 حالات (0.3 %).

الخلاصة: البواسير هو المرض الشرجي الشائع في دراستنا. وكان المرض الشرجي – مستقيمي الحميد منتشر بين المرضى في جميع الفئات العمرية، ولكن كان أكثر شيوعاً في الفئة العمرية 25-49 سنة.

الكلمات المفتاحية: الأمراض الشرجية – مستقيمية ، البواسير ، المكلا.

Introduction:

Anorectal disorders are common, and their prevalence in the general population is probably much higher than that seen in clinical practice as most patients do not seek medical attention.¹ These affect men and women of all ages. The spectrum of Anorectal disorders ranges from benign and irritating (pruritis ani) to potentially life-threatening (anorectal cancer). The evaluation of patients is sometimes made difficult by nonspecific symptoms.²

Evaluation of anorectal disorders comprises of a careful history and physical examination before the patient can be subjected to various investigations. Anorectal disorders are a group of medical disorders that occur at the junction of the anal canal and the rectum. These disorders are commonly encountered in general surgical practice. Patients with diseases of the anus and rectum are some of the most miserable people in the world.³

Benign anorectal disease include symptomatic hemorrhoids affected 10 million people in the United State annually, other benign anorectal disease affected of 23 million people.⁴ A recent prospective study of screening colonoscopy patients revealed the presence of hemorrhoids in 38.9%, out of 44.7% of those patients suffering from hemorrhoids symptoms. In 2004, the National Institutes of Health noted that the diagnosis of hemorrhoids was associated with 3.2 million ambulatory care visits, 306,000 hospitalizations, and 2 million prescriptions in the United States.⁵

Material and Methods:

This descriptive study was carried out retrospectively from surgical records of patients with diagnosis of benign anorectal diseases admitted to surgical department at Ibn Sena's General Hospital in Mukalla (Hadhramout) during period of 4 years from January 2010 and June 2014.

Inclusion criteria: Records of patients who suffering from benign anorectal diseases that include anorectal fissure, hemorrhoids, pilonidal sinus, fistu-

la, rectal prolapse and benign anorectal tumor.

Exclusion criteria: Records of patients with anorectal malignancy were excluded.

SPSS windows version 20 software was used for analysis of the data as description of quantitative variables include mean, frequency and percentage

Results:

A total of 1128 patients with benign anorectal disease reported during period of 2010 -2014 were included in this study. Our results showed that the most common benign anorectal diseases was hemorrhoids which presented 453 of the whole cases (40.1%) followed by perianal fistula which presented 377 of whole cases (33.06), anal fissure which presented 267 cases (23.6%), benign tumor 15 case (1.32), pilonidal sinus represent 12 (1.06%) and finally rectal prolapse which presented 4 cases (0.35%) Table (1).

The results also revealed that the majority of benign anorectal diseases cases were in females which are 670 cases (59.4%), while in males are 458 cases (40.6%). Table(1)

Perianal discharge is common presentation of patient has anorectal diseases represented in 437 cases (39.5%) while 397 cases (35.19%) of them have perianal bleeding and 152 cases (13.4 %) of them have perianal swelling, also perianal pain presented in 111 of cases (9.8%) and only 31 of cases (2.7%) has combined symptoms. Table (2), Figure (1).

The prevalence of benign perianal disease common among (25-49 y) with 732 cases (58%) while the least among (≥ 50 y) with 140 cases (17.5%). Table (3).

Colonoscopy done for patients above age of 50 years (140 case) showed that internal hemorrhoids was represent 34% of cases, external hemorrhoids (30.7%), combined (15%), anal fissure (9.2%) rectal polyps represented (10.7%) and the majority of them (90%) was adenomatous polyps confirmed by histopathological reports.

Table 1: Distribution of anorectal disease by gender:

Sex	Surgicaldiagnosis												Total
	Hemorrhoid		perianal fistula		anal fissure		rectal prolapse		pilonidal sinus		benign tumors		
	N	%	N	%	N	%	N	%	N	%	N	%	
Male	208	45.9	164	43.5	72	26.96	4	100	9	75	1	6.6	458
Female	245	54.1	213	56.49	195	73	0	0	3	25	14	93.35	670
Total	453	100	377	100	267	100	4	100	12	100	15	100	1128

Table 2: Clinical presentation of benign anorectal disease:

Symptoms	Surgical diagnosis												Total
	hemorrhoid		perianal fistula		anal fissure		rectal prolapse		pilonidal sinus		benign tumors		
	N	%	N	%	N	%	N	%	N	%	N	%	
bleeding	397	65.6	0	0	0	0	0	0	0	0	0	0	397
anal pain	28	4.6	0	0	83	61.1	0	0	0	0	0	0	111
anal discharge	28	4.6	354	100	55	39.9	0	0	0	0	0	0	437
perianal swelling	152	25	0	0	0	0	0	0	0	0	0	0	152
combined symptoms	0	0	0	0	0	0	4	100	12	100	15	100	31
Total	605	100	354	100	138	0	4	100	12	100	15	100	1128

Table 3: Distribution of anorectal disease by age group:

Age group	Surgical diagnosis												Total
	hemorrhoid		Perianal fistula		Anal fissure		rectal prolapse		pilonidal sinus		benign tumors		
	N	%	N	%	N	%	N	%	N	%	N	%	
<25	128	24.3	85	19.5	36	26	4	100	0	0	0	0	253
25-49	328	62.5	302	69.5	87	63	0	0	12	100	0	0	732
>50	69	13.14	47	14	15	10.9	0	0	0	0	15	100	143
Total	525	100	434	1000	138	100	4	100	12	100	15	100	1128

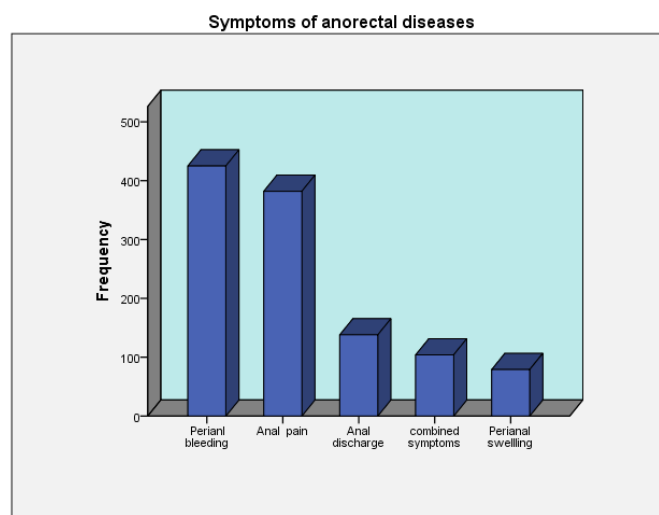


Fig. 1: symptoms of anorectal disease.

Discussion:

In this study of 1128 cases, the most common patterns of anorectal diseases: hemorrhoids, perianal fistula, and anal fissure (40.1%, 33.06 and 23.6% respectively). Controversial results were found in different literature such as in India (2006) hemorrhoids, perianal fistula, and anal fissure were 18%, 10%, and 54% respectively(6,7). In Germany study (2009) hemorrhoids, perianal fistula, and anal fissure were

74.3%, 0.7%, and 12.9% respectively(8).

According to the age, the presented study demonstrated that 58% of benign anorectal diseases were among patients at age of 25-49 years, while in Indian study (2008) were 35.29% (9).

The study also showed that the benign anorectal diseases were least common in older patients (17.5%), this finding was quite similar to the Indian study (2008) (15.4%) (9).

Regarding gender, majority of the benign anorectal diseases (59.4%) were in females ,while among males (40.6%). On other hand, the Indian study (2008) demonstrated that the diseases were 71.71% in males and only 28.29% in females (9). The less percentage of females may be due to social and religious bindings and shy to attend male doctors.

The most common symptom of anorectal diseases in this study was bleeding (35.19%) then perianal swelling and anal pain. Likewise in Germany study (2009) appeared the most common symptom was bleeding (58.6%) then anal pain (33.7%)(8). Also in Indian study(2014) the most common symptom was bleeding (29%) (10).

The study showed that the common anorectal disease was piles and most common surgical technique was hemorrhoidectomy (100%), we found the same result in Brazilian study (2012) (11,12).

Conclusion:

Hemorrhoids was the commonest benign anorectal disease in our study. Benign anorectal diseases were frequent among females, with peak incidence detected in 25-49 years age group, and bleeding was the commonest presentation..

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