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With the rising trend of prostate cancer, where does northern Sri Lanka stand? A cohort study from a tertiary care centre

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Introduction: Prostate cancer is the second most common cancer among males all over the world in 2020. As per the global cancer observatory 1, 414, 259 (7.3%) cases were diagnosed in 2020 worldwide.

Objective: The study aims to analyse the variations in demographic and clinicopathological characteristics of prostate cancer in the Northern Province.

Methods: This was a cross-sectional descriptive institution-based study that recruited all the prostate cancer patients who were treated at the Teaching hospital, Jaffna from August 2019 to August 2022. Data were extracted retrospectively from the clinic records of the patients as well as histopathology reports. Data were analysed using SPSS version 23. Descriptive statistics were used to present the results.

Results: A total of 141 diagnosed patients at Teaching Hospital Jaffna were analysed. The mean age of the sample was 70.11±8.4 years. Out of 141 patients, 43 (30.5%) were diagnosed to have localised disease and 37 (26.2%) and 61 (43.3%) with locally advanced and metastatic disease respectively. Out of 43 patients with localized disease, 28 (68.5%) were managed with radiotherapy, 10 (23.3%) with active surveillance and 5 (11.6%) with radical prostatectomy. The mean values (ng/ml) of prostate-specific antigen (PSA) for localized disease, locally advanced and metastatic disease were 36.9, 56.1 and 100.5 respectively. The majority (n=139, 97.2%) was small acinar adenocarcinoma. As per the D'Amico classification system for prostate cancer, 4 (2.8%) belonged to low-risk category, and 113 (80.1%) belonged to high-risk category.

Conclusion: Our study showed nearly two-third of the patients had been diagnosed at a more advanced stage of prostate cancer. We recommend further nationwide study to strengthen our statement and implementation of screening programmes with PSA in near future to detect cancer at early stages, implementation of cancer awareness programmes as practiced in countries with good healthcare system and strict adherence to national guidelines on management and referral pathways.

Keywords: Prostatic cancer, High risk, Metastatic disease, Adenocarcinoma

OP 10

Retrospective descriptive study on colonoscopy findings of the patients who presented with lower gastrointestinal symptoms to Gastroenterology unit, Teaching hospital, Jaffna

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Introduction: Colonoscopy is generally indicated for finding the cause of lower gastrointestinal symptoms. Globally, inflammatory bowel disease (IBD) accounts for estimated 3.32 million cases in 1990 and 4.9 million cases in 2019, corresponding to increase of 47.5% between 1990 and 2019. Colorectal carcinoma is the third most common carcinoma in the world. Colonoscopy has an important role in the diagnosis of colorectal carcinoma and IBD.

Objective: This study focuses on the colonoscopy findings of the patients who underwent colonoscopy in Gastroenterology Unit at Teaching Hospital, Jaffna for the lower gastrointestinal