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RESEARCH ARTICLE

HISTOPATHOLOGICAL STUDY OF HYSTERECTOMY SPECIMEN IN TERTIARY CENTRE OF RURAL BIHAR

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ABSTRACT

Hysterectomy is one of the most commonly performed surgeries throughout the world. **Objective:** To find out the most common indication for hysterectomy among rural patients and to correlate the histopathological findings with clinical presentation. Materials and methods: A retrospective study was performed on a total of 200 specimens and histopathological findings were compared with clinical presentation. **Results:** The most common indication for hysterectomy was leiomyoma (41%) followed by adenomyosis (15.5%) and the most common presentation was increased bleeding. The mean age of hysterectomy was 44.6 years and the average parity of the patients was 1.7.

INTRODUCTION

Worldwide women suffer from gynaecologic and obstetric disorders that require hysterectomy as a treatment modality. Hysterectomy is surgical removal of uterus. a total hysterectomy applies to removal of uterus and cervix. when bilateral adnexae are also removed it is called total hysterectomy with bilateral salpingooophorectomy. Radical hysterectomy is more extensive procedure including removal of uterus, cervix, surrounding tissues, upper vagina and pelvic lymph nodes.

Hysterectomy is one of the most commonly performed surgeries in the world [1]. In India it accounts for only 6% of major surgeries [2]. Hysterectomy rate varies from place to place depending upon patient and clinician related factors [3]. There has been a remarkable improvement in conservative management of uterine lesions; still hysterectomy remains the most preferred modality of treatment for pelvic pathologies like fibroid, adenomyosis, pelvic inflammatory disease and malignant disorder [4]. With accurate selection of patients the morbidity and mortality of hysterectomy is low [5,8]. Prevalence of uterine pathology varies from place to place.

Objectives

1. To find out the incidence and distribution of various uterine pathology in hysterectomy specimens, pattern of occurrence with different age groups, parity and clinical features.

MATERIAL AND METHODS

Katihar medical college and hospital is a tertiary care center which is situated in rural part of bihar to serve the needs of rural patients. In the present retrospective study, data of clinical features and histopathological diagnosis of 200 consecutive patients with hysterectomy were collected and analyzed.. All cases of hysterectomy (130 abdominal and 70 vaginal)were included and those performed for obstetrical causes were excluded from the study.

Observation

In this study the most common indication for hysterectomy was found to be leiomyoma (40%). This was followed by adenomyosis (13%) and chronic cervicitis (11%).About.6% of patients had both adenomyosis and leiomyoma. 10% of people presented with polycystic ovarian disease The age group of patients ranged from 30-70 yrs. The most common clinical

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presentation was increased bleeding followed by pain abdomen. The mean parity of the patients was 1.7. Adenomyosis was the most common pathology seen in nulliparous women whereas women with history of abortion had fibroids.

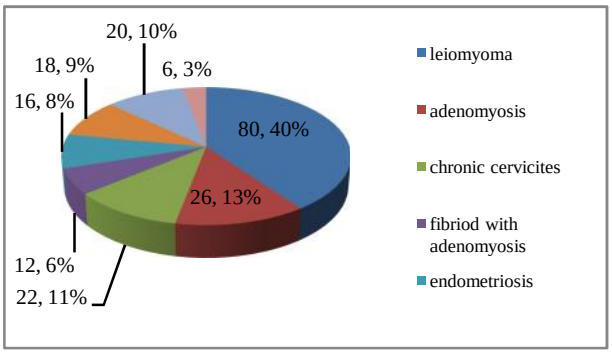
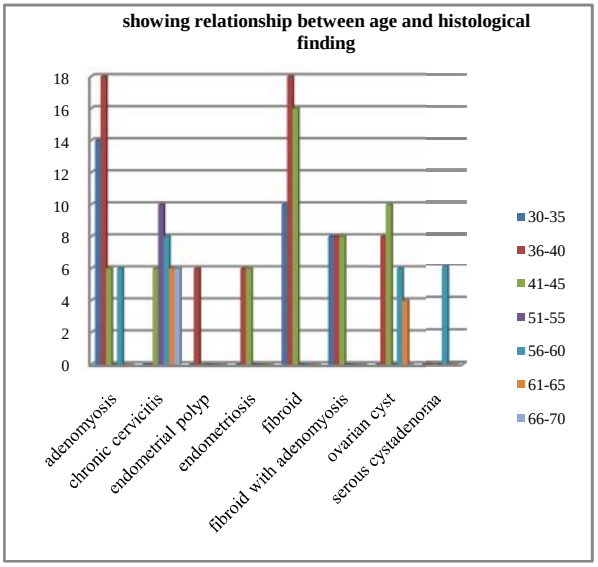


Fig1 Showing Distribution of Various Pathological Lesions In Hysterectomy Specimens



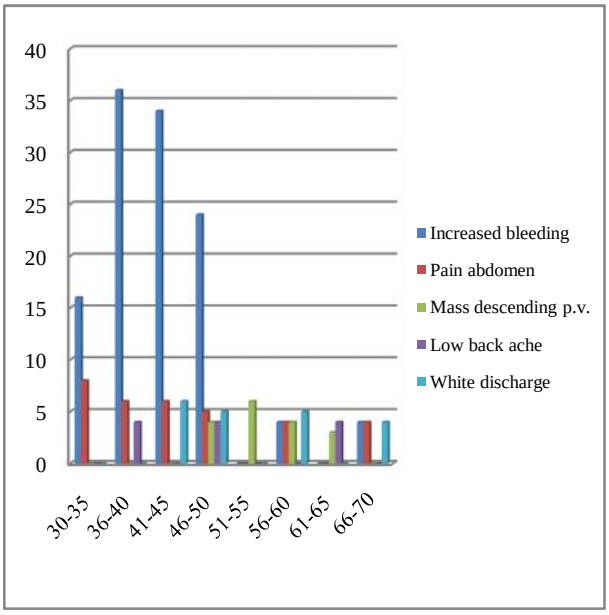
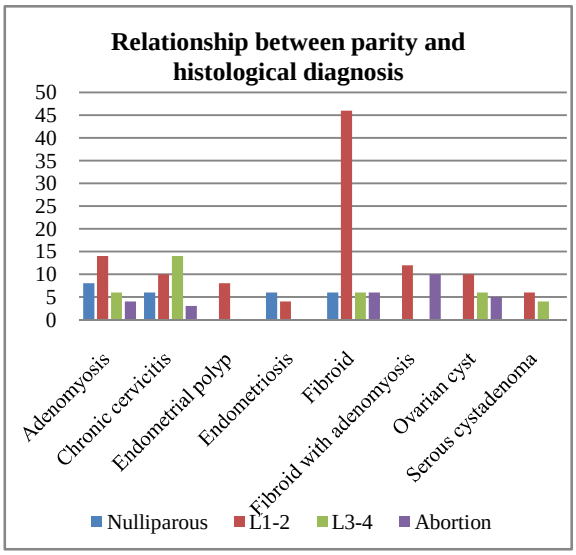


FIG.3 Showing correlation between clinical presentation and age of the patient



Hysterectomyis the commonly performed major gynaecological surgery in the world [1]. The prevalence of hysterectomy varies from place to place [2]. Rural women seek medical care relatively late depending upon socio-economic factors and access to health care. So conservative treatment cannot be offered to them. Most of the time the best treatment option available is hysterectomy. This study was undertaken to find out the most common pathology and to correlate with clinical features. In this study the most common pathology was leiomyoma accounting for 40% which is similar to other studies [3,6,7,8]. Leiomyoma was the most commonly observed pathology among women with parity of L1-L2 and was commonly seen in the age group of 36 to 45 yrs[8]. The second most common indication was adenomyosis which is also similar to other studies [8,9,10]6% of patients had both leiomyoma and adenomyosis which is similar to other studies[9,10,11]. It is commonly seen in the age group of 41 to 45 yrs[8]. The mean age of hysterectomy was 44.5 yrs which is similar to other studies [9,12,13].

The most common clinical presentation in our study was increased menstrual bleeding which is significantly higher when compared with other studies[10,14,15] which could be attributed to the perimenopausal age[11,13,14] and high parity of the patients and also due to lack of use of oral contraceptives in rural population. The most common endometrial pathology in our study was endometrial polyp which accounted for only 9% of cases. Leiomyomas are benign uterine tumours which are commonly seen in women of reproductive age group and commonly present with increased menstrual bleeding which is due to increased vascularity, endometrial surface and altered uterine contractility and usually do not respond to hormonal therapy [16,17]. Hysterectomy is the treatment of choice in women who have completed their family. Early menarche, delayed menopause, delayed parity, obesity and lack of exercise are some risk factors of leiomyoma[7]. Adenomyosis was the second most common pathology accounting for 11% of cases which is similar to other studies .The prevalence of adenomyosis increases with rising parity which supports the theory of implantation of the basal endometrium deep in the myometrium

CONCLUSION

Hysterectomy is a very commonly performed major surgical procedure in gynaecological practice. A wide range of lesions were noted and the question still remains whether microscopic assessment and clinicopathological correlation of all the visible pathologies in hysterectomy is necessary on not. The answer is yes, as grossly identifiable benign pathology may harbor in focus of malignancy. The present study revealed that menstrual disturbance was the most important indication for hysterectomy with leiomyoma being the most common pathology diagnosed in rural women.

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