# A Clinicopathologic Correlation of Hysterectomy Specimens : 2 Years Retrospective Study in A Tertiary Health Care Centre, Karnataka

## Medical Science

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**ABSTRACT**

· Background : Hysterectomy is the most commonly performed major gynecological surgery.Hysterectomy is one of the most common surgical procedures performed in perimenopausal women.Hysterectomy is a successful operation in terms of patient satisfaction. It provides definitive cure to many diseases involving uterus as well as adnexae. | · Objective of the study : i) To study the spectrum of histopathological findings seen in hysterectomy specimens.ii)To analyze age wise incidence of pathology. iii)To correlate the histopathological findings with pre-operative diagnosis. | · Methodology : A retrospective hospital based study was carried out in the department of obstetrics &gynecology;over a period of 2 years. Data was analysed using Statistical Package for Social Sciences Version 16. | · Results : 100 patients who met all the parameters in the inclusion and exclusion criteria were studied.The mean age of the patients was 42.27. High incidence of disease was found to be in multiparous .Commonest histopathological finding was leomyoma(42%),prolapse (27%). There was 89% corelation between preoperative diagnosis and histopathological finding. | · Conclusion :Perimenopausal age group is a vital time to screen females for uterine and adenexal pathology.

## INTRODUC+TION

- Hysterectomy is the most commonly performed major gynecological surgery throughout the world. Hysterectomy is the most common surgical procedures in perimenopausal women. Hysterectomy is a successful operation in terms of symptom relief and patient satisfaction. It provides definitive cure to many diseases involving uterus as well as adnexae(2).

- Histopathological examination of hysterectomy specimens therefore carries diagnostic and therapeutic significance. Prevalence of uterine and adnexal pathologies varies from region to region(3)

- This study is a retrospective review of the pattern of uterine pathologies at hysterectomy in order to identify the most common uterine pathologies in this region and correlate them with their clinical indications.

## OBJECTIVE OF THE STUDY

i.) To study the spectrum of histopathological findings seen in hysterectomy specimens.

ii.) To analyze age wise incidence of the pathology

iii.) To find the relative frequency of the pathology.

iv.) To correlate the histopathological findings with pre-operative diagnosis among these patients.

## MATERIAL & METHODS

A retrospective hospital based study was carried out in the department of obstetrics & gynecology; a tertiary health care referral centre in Mangalore, Karnataka over a period of 2 years from January 2011 to December 2013.

- Data obtained from the patients' medical records and hospital database included: age, parity, menopausal status, similar history in the family, presenting complaint, pre-operative diagnosis,intra operative findings and histopathological findings.

- **Inclusion criteria :**

Uterus with cervix specimens obtained by total abdominal hysterectomy, vaginal hysterectomy or hysterectomy with bilateral salpingo-oophorectomy will be included .
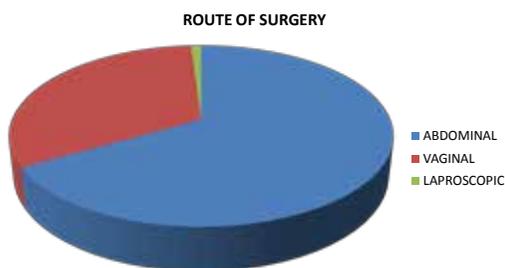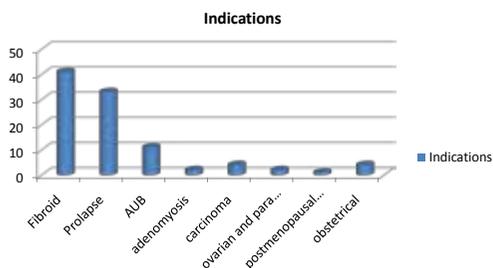
- **Exclusion criteria : nil**

- All selected outcome variables were recorded on a pre tested pro forma in the hospital & the data analyzed

- Findings were analyzed with special emphasis on pre-operative diagnosis & histopathological findings.

Statistical Package for Social Sciences Version 16. was used for analysis. Descriptive statistics was used to express the results.

## RESULTS :

- 100 patients who met all the parameters in the inclusion and exclusion criteria were taken into consideration in this study.

- The age range of the patients was 28-73 years, with a mean age of 42.27 =/- 10.37,which is most common age for having a disease.

- High incidence of disease was found to be in multiparous women,i.e 94 patients(94%) compared to 4% of nulliparous women.

- Among the 100 cases,32% had attained menopause.

- Majority was in the peri menopausal group.

- 5 patients gave similar history in the family, of which 4 cases was due to prolapse, points towards the hereditary nature of prolapse.

- Patients presented with menorrhagia(41%), mass per vagina(34%), pain abdomen(7%), bleeding pv(6%), dysmenorrhea(3%), post coital bleeding (1%) and urinary problems,mass per abdomen, post menopausal bleeding, obstetrical cause 2% each.

- Indications for surgery was fibroid(41%),prolapse(33%),abnormal uterine bleeding(11%),carcinoma – cervix(2%),endometrium(1%),ovary(1%).endometriotic cyst(1%),ovarian mass(1%), paraovarian mass(1%), adenomayosis(2%) and obstetrical cause(4%).

- Fibroid (41%) followed by prolapse (33%) were the commonest indications.

- Route of surgery – abdominal (66%) , vaginal (32%) ,LAVH (1%)

- Intra-operatively 27% uterus was found to be atrophic with 100% corelation with pre-operative diagnosis of prolapse.

- 25% patients had normal sized uterus, the rest 26% had >12weeks size, 17% < 12 weeks and 5% bulky.

- Commonest histopathological finding was leomyoma (42%), followed by atrophic uterus for utero-vaginal prolapse (27%)

- There was 89% corelation between pre-operative diagnosis and histopathological finding.

**Indications**



**ROUTE OF SURGERY**



**CONCLUSION:**

- In our study commonest indication and histopathology was leomyoma with 95% correlation between them.
- Ultrasound was found to be very useful in pre-operative diagnosis of the pathology and hence increasing the accuracy of diagnosis.
- In this study, the second most commonest cause was uterovaginal prolapse,the incidence of which can be reduced by preventive measures in the reproductive age group.
- Perimenopausal age group is a vital time to screen females for uterine and adenexal pathology.
- Histopathology correlation is mandatory as malignent finding change the treatment modality.

**DISCUSSIONS:**

- In spite of the significant fall in abdominal hysterectomy rate for benign diseases in the last 2 decades, it still remains a widely used treatment modality.(4,5).
- The commonest surgical approach in the majority of cases in this study was abdominal hysterectomy. Chryssiopoulos et al studied 3,410 total hysterectomies over a period of 16 years and the abdominal approach was preferred in 85.33% and the vaginal route in 14.67%.(6) which was comparable to my study. Vaginal route was reserved for mainly cases of genital prolapse.
- The mean age was 42.27 in this study which was comprabale to the study conducted by intisar et al (mean age 46) and thamilselvi et al (mean age 45 years). (7,8)
-  The commonest presenting symptom in the study population was menorrhagia. Perimenopausal age group and multiparous women  were reported to have these symptoms. This was also observed by Shergill SK.(9)
- Commonest indication in this study was fibroid which was comparable to other studies.(2,8)
- In this study commonest histapathological finding was leomyoma which was comparable to study conducted by Layla et al.(10)

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