

COLONOSCOPY IN THE COMMUNITY: FINDINGS OF A 1 YEAR REVIEW

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Purpose: Colonoscopy for colon polyp (CP) and colon cancer (CC) identification has become routine. The findings and reason for colonoscopy in a community practice are examined in this study.

Methods: We retrospectively examined charts of all patients (pts) who underwent colonoscopy between 1/1/03-12/31/03, in our private GI practice. Patient characteristics, family history (FH), reasons for testing, findings and characteristics of polyps were studied.

Results: 2167 pts underwent colonoscopy in the year 2003. 47% male (M), 53% female (F). 753 pts had polyps (35%), 57% M, 43% F. 344 (16%) had tubular adenomas (TA), 372 (17%) had hyperplastic polyps (HP) and 37 (1.7%) had both TA+HP. 425 pts (20%) had a FHCC, and 30% of them had TA. 259 pts (12%) had a FHCP, and 16% had TA. 16% of pts screened (88/556) had TA. 19% of hemoccult positive pts (13/68) had TA. 82% of polyps were diminutive (<1cm), 16% were 1-2cm and 2% were >2cm size. The 6 most common reasons for colonoscopy were: FHCC or CP-26%, screening-21%, rectal bleeding-15%, h/o polyps-13%, constipation-6%, abdominal pain-6%. 98% of colonoscopies were completed to the cecum. 1 case of post-polypectomy serositis occurred. 13 new cases of CC were diagnosed ($13/2167 = 0.6\%$).

Conclusions: 1. Slightly more females had colonoscopy (53 vs 47%), but more males had polyps (57 vs 43%). 2. 18% of polyps were ≥ 1 cm size. 3. 50% of polyps removed were TA, 50% were HP. 4. 69% of all polyps were in pts between 50-70 years. 5. The majority of polyps (72%) were distal to the splenic flexure. 6. Screening colonoscopy appears worthwhile, with 16% of pts having TA. 7. Of 13 new colon cancers, only one was asymptomatic and diagnosed at screening.