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# ACTUAL TRENDS OF MODERN SCIENTIFIC RESEARCH

## ABSTRACTS OF IV INTERNATIONAL SCIENTIFIC AND PRACTICAL CONFERENCE OCTOBER 11-13, 2020

## MUNICH 2020

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Abstracts of IV International Scientific and Practical Conference

Munich, Germany

11-13 October 2020

**Munich, Germany**

**2020**

**UDC 001.1**

The 4th International scientific and practical conference "Actual trends of modern scientific research" (October 11-13, 2020) MDPC Publishing, Munich, Germany. 2020. 386 p.

**ISBN 978-3-954753-02-4**

The recommended citation for this publication is:
*Ivanov I. Analysis of the phaunistic composition of Ukraine // Actual trends of modern scientific research. Abstracts of the 4th International scientific and practical conference. MDPC Publishing. Munich, Germany. 2020. Pp. 21-27. URL: https://sci-conf.com.ua/iv-mezhdunarodnaya-nauchno-prakticheskaya-konferentsiya-actual-trends-of-modern-scientific-research-11-13-oktyabrya-2020-goda-myunhen-germaniya-arhiv/.*

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# MEDICAL SCIENCES

## HISTOPATHOLOGICAL STUDY OF DISTAL COLONIC POLYPS

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**Introduction.** Colorectal polyps are neoplasms which are revealed during colonoscopy procedure most commonly. Clinical significance of the polyps caused by their malignant potential, since it is known that 60-70% colorectal adenocarcinoma cases are preceded by benign polyp.

Nowadays, all colonic polyps are basically divided into two groups - serrated and adenomatous polyps. Serrated polyps are distinguished by their saw-toothed histological appearance. This group includes hyperplastic polyps with relatively low malignant potential as well as traditional serrated adenomas and sessile serrated adenomas that have high malignant potential. The group of adenomatous polyps is characterized by typical gland-like histological appearance. Based on features of the gland structures the second group is subdivided into tubular, villous, and tubulovillous adenomas. The risk of malignization significantly increases in the named sequence.

**Aim.** To analyze distribution of distal colonic polyps according to current histopathological classification.

**Matherials and methods.** Biopsy samples of 120 distal colonic polyps that were removed during colonoscopy procedure were analyzed retrospectively from January 2019 to January 2020.

The studied samples were examined using Axioplan-2 microscope (Carl Zeiss, Germany). In each case histopathological description of studied sample and diagnosis according to the current WHO classification were made. Moreover, main clinical data

regarding studied samples were collected (sex and age of patients, location of polyp in the colon). The obtained data were statistically processed using the STATISTICA® for Windows 13.0 (StatSoft Inc., license no. JPZ804I382130ARCN10-J).

**Results and discussion.** According to the obtained results, hyperplastic polyps (HP) are the most common type of distal colonic polyps (48 polyps, 40% of studies samples). Histologically HP were distinguished by their saw-toothed epithelial appearance. Low-grade dysplasia was revealed in 12 HP (30% of studied HP) while high-grade dysplasia was not revealed in studied HP samples. The rectum and sigmoid colon were the most common sites for HP (72% of studied HP), descending colon and splenic flexure were less common sites. The main age of patients who were diagnosed with HP was 55 ± 9 years, 60% of these patients were male, and 40% of these patients were female.

The other two types of serrated lesions were less frequent. Traditional serrated adenomas (TSA) were diagnosed in 16 studied cases (13,3%), and sessile serrated adenomas (SSA) were diagnosed in 8 studied cases (6,6%). Histologically TSA were distinguished by their villiform growth pattern with slit-like serrations whereas SSA were distinguished by their serrated appearance combined with lateral spreading of crypt bases. Low-grade dysplasia was revealed in 16 serrated adenomas (66,6% of studied cases) while high-grade dysplasia was revealed in 8 serrated adenomas (33,4% of studied cases). The rectum and sigmoid colon were the most common sites for serrated adenomas (84% of studied cases), descending colon and splenic flexure were less common sites. The main age of patients who were diagnosed with TSA and SSA was 62 ± 11 years, 58% of these patients were male, and 42% of these patients were female.

Among adenomatous polyps, tubular adenomas (TA) were the most common type, moreover, TA were the second most common type among all studied polyps (28 polyps, 23,3% of studied samples). Villous adenomas (VA) were diagnosed in 11 cases (9,1%), and tubular-villous adenomas (TVA) were diagnosed in 9 cases (7,5%). Histologically TA were characterized by crowded glands, while VA and TVA were

characterized by presence of villous pattern of polypoid mucosa. Low-grade dysplasia was revealed in 35 adenomatous polyps (73% of studied cases) whereas high-grade dysplasia was revealed in 13 adenomatous polyps (27% of studied cases). The sigmoid and descending colon were the most common sites for serrated adenomas (68% of studied cases), rectum and splenic flexure were less common sites. The main age of patients who were diagnosed with adenomatous polyps was 65 ± 8 years, 64% of these patients were male, and 36% of these patients were female.

**Conclusions.** The most common histological type of distal colonic polyps are hyperplastic polyps which are characterized by low dysplasia rate comparing to other studied colonic polyps. High dysplasia rate characterizes serrated adenomas and conventional adenomas that indicates significant malignant potential of these polyps.