

Clinicopathological features and survival in colorectal cancer in Iran: Is the age a factor?

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Abstract

Statement of the Problem: There is an increasing incidence in colorectal cancer (CRC) especially in young adult. However, there is controversy about the effect of age and clinicopathologic features on survival in young patients. We evaluated demographic, pathologic characteristics and survival in CRC cases.

Methodology & Theoretical Orientation: In this retrospective study, we reviewed medical and pathologic records of patients diagnosed with CRC during 2008-2013. We gathered the data on survival till May 2018. We categorized the cases in two age groups: younger or older than fifty years old and compare that data.

Findings: A total of 396 patients were reviewed. There were 156 (39.4%) patients younger than 50 years old. Both age groups were comparable regarding the symptoms and pre-operative carcinoembryonic antigen (CEA). The younger patients were diagnosed with a higher proportion of poorly differentiated (14.7% vs. 8.3%; $p < 0.001$) and more advanced tumors (53.2% vs. 45.9%; $p = 0.266$). Tumors in rectum were significantly more common among the younger patients ($p = 0.021$). The overall survival (OS) ($p = 0.278$), the cancer-specific survival (CSS) ($p = 0.233$), and the disease-free survival (DFS) ($p = 0.497$) did not differ significantly between the two groups. Based on Cox regression model, Elevated pre-operative CEA level (HR=1.41; 95%CI of (1.01 – 1.97)), advanced tumor stage (6.06; 95%CI of (3.03 – 12.15)), and poorly differentiated tumor (HR=1.69; 95% CI of (1.05 – 2.71)) were associated with decreased survival.

Conclusion and significance: Younger patients didn't have poor prognosis in comparison to their older counterparts despite advanced tumor stage and poor tumor differentiation.

Key words: Colorectal Neoplasms, age groups, survival

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