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Risk Factors of Colorectal Cancer in Hospitalized Patients in Regional Hospital Durrës.

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Introduction

Colorectal cancer (CRC) is the most common gastrointestinal cancer with an important global health problem. The study aims were to evaluate the risk factors of colorectal cancer in surgical ward in Regional Durres Hospital in Albania during two years.

Methods

We conducted a retrospective cohort study to explore risk factors of Colorectal Cancer at the Surgical ward of the Regional Hospital Durres is the second largest and a referral hospital center in Albania. In this paper we have collected medical records of 79 adults 18 years of age and older with primary diagnosis of CRC admitted to this hospital during the periods January 2009 until to December 2010. Data were analyzed using the statistical package for social science (SPSS) version 23.0. A $p < 0.05$ was accepted as statistically significant.

Results

Overall 79 patients with CRC enrolled in our study, the male (58.2%) was the most predominant gender compared to female (41.8%) with a strong significance between them $\chi^2 = 79.0$ and p value < 0.0001 . The average age was 69.43 ± 10.6 where the minimum age resulted 42 years old and the maximum 85 years old. Patients between the age group 61-70 years old were 29.1% of CRC cases, them with age group 71-80 years old presented the higher number of CRC 34.2% of cases. A strong significance association has been seen between the age groups and presence of CRC. In multivariate logistic regression we also found a significance association for some of the other risk factor for CRC like gender, aging, marital status, education level BMI and physical activity. The p value in all these risk factor resulted < 0.05 .

Conclusion

The prevalence of this malignancy in our study increases after the age of 60 years. Our study findings show that the presence of CRC were in strength association with some of risk factors. But the number of our patients are few, so based on our observations, we suggest future studies should involve a large number of patients and focus on better understanding mechanisms for some of these associations and presence of CRC risk.

Keywords;

Colorectal cancer, Chirurgical Wards, Durrës

Biography

Naim Mediu MD, has completed his University in Faculty of Medicine since 1990, in Tirana, Albania. His specialization in general surgeon he has been finished in 1996. Dr. Mediu has been working since 1996 as a surgeon in the Surgery Service of Durres Regional Hospital.

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