

Screening average risk population for colorectal cancer in Montenegro- Results of pilot project

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Introduction: In Montenegro, colorectal cancer (CRC) is the second leading malignant cause of death. CRC is the third most common cancer among women (8,3%); the second in men (13,9%). CRC can be largely prevented by detection and removal of adenomatous polyps. The most common method of CRC screening is detection of occult blood in stool.

Aim: The aim was to analyse the results of the CRC screening pilot project among average risk population in the city of Danilovgrad (persons aged 50 to 74 years, with no previous history of polyps, CRC, inflammatory bowel diseases, no family history for CRC).

Material and Methods: Targeted age group consisted of 2760 people. They received invitation for screening with fecal immunochemical-based tests (FIT) from their family physician. The testing was completed by the patient and sent to the laboratory for interpretation. They also completed questionnaires related to risk factors and diet habits. All patients (pts) with positive stool test were referred to colonoscopy.

Results: From March 2010. to February 2011. 920 persons were occult blood tested and 95 (10,3%) of them had positive test. One or more polyps were found in 23 pts (24,2% of positive FIT; 2,5% of all tested). We found 43 polyps in 23 pts (1,9 polyps/pts). The localisation of polyps were: left colon (21 polyps/11 pts); right colon (12 polyps/7 pts); both sides of colon (10 polyps/5 pts). Polyps were adenomas (30 tubular and 5 tubulovillous adenomas); 20% with high grade dysplasia. Advanced adenoma (with high-grade dysplasia, villous component, >1cm) were in 14 pts (14,7% of positive FIT). The colorectal carcinoma were founded in 5 pts (5,3% of positive FIT; 0,5% of all tested).

Conclusion: Around 30% of targeted population was screened during the first year of the program. The percentage of pts with positive FIT, and later found polyps and CRC on colonoscopy was similar to results in the region countries.

Biography

Dr. Brigita Smolovic has completed her Ph.D at the age of 25 years from University of Belgrade, Serbia; subspecialist studies at the University of Belgrade and postdoctoral studies from University School of Medicine Belgrade. She is the subspecialist Gastroenterohepatologist at the Clinical Centre of Montenegro, Clinic for Internal diseases, department of gastroenterohepatology and assistant for Internal diseases on University School of Medicine in Podgorica, Montenegro. She has published about 10 papers in reputed journals.