Clinicopathological profile of sinonasal masses in a tertiary care hospital in South India

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Background: It is very difficult to differentiate a sinonasal mass clinically from potentially malignant tumors.

Objective: To evaluate the clinicopathological correlation of nasal masses seen during the study period and classify the non neoplastic and neoplastic lesions presenting as a sinonasal mass.

Study design: This is a retrospective study of 211 patients with nasal masses. The age, sex, presenting symptom and duration, radiological treatment and management were noted. Final diagnosis was made after histopathological examination, at the department of Pathology and department of Otorhinolaryngology, from January 2011 to January 2014, at Sri Ramachandra University, Chennai, India.

Results: Out of the 211 patients, 133 (63.03%) were males patients and 88 (41.7%) were females, with M:F ratio of 1.5:1. The age ranged from 6 years to 78 years. The main presenting symptoms were nasal obstruction in 69 patients (33%), headache in 33 patients (17%), rhinorrhea in 21 patients (17%), epistaxis in 11 patients (5.2). Bilateral neck swelling was noted in 2 patients (1%). Non specific symptoms of mouth breathing, dyspnea, throat irritation, snoring, sneezing, post nasal dripping was reported in 16 (12%) patients. Polyps with chronic rhinosinusitis were the most common lesion 67 (31.7%). The common histopathological diagnosis was simple inflammatory polyp 37 (16.5%), allergic nasal polyp, rhinosporidiosis, rhinolith, nasolabial cyst, etc. The neoplastic lesions included juvenile nasopharyngeal angiofibroma, non hodgkin’s lymphoma, leiomyosarcoma and osteoid osteoma. There was a poorly differentiated metastatic carcinoma to the nasopharynx with a history of breast cancer.

Conclusion: Histopathology with immuno-histocytochemistry is the ultimate diagnostic technique for correct and timely intervention. The common management among the patients is surgical removal of the nasal mass.

Biography
Samantha Serrao did her schooling from The Indian High School, Dubai. She graduated from high school in 2012. She is currently an intern at Sri Ramachandra University, Chennai, India. She completed her 5 years’ in medical school. She is currently working on 3 new researches in the field of ENT, Forensic Medicine sand Preventive and Social Medicine.

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