

Clinical Study of Carcinoma of Pancreas

DR. NYI LYNN AUNG
SPECIALIST ASSISTANT SURGEON
SURGICAL WARD (1), YANGON GENERAL
HOSPITAL

Introduction

- Carcinoma of pancreas is a devastating disease and is the fourth leading cause of cancer death in the United States.
- In 2005, it is estimated by the American Cancer Society that 32180 patients will develop pancreatic cancer and 31800 will die of the disease.
- Pancreatic cancer accounts for about 3% of all cancers in the US and accounts for about 7% of cancer death.
- The average lifetime risk of developing pancreatic cancer is about 1 in 67 (1.5%).

Introduction (Contd.)

- According to Yangon General Hospital Medical Record Department, there is an increase in number of patients with carcinoma of pancreas admitted.
- In Myanmar, major factor affecting operability and prognosis is patient delay i.e. presenting to the hospital in advanced stages.
- Awareness of clinical features and better health education among our population may improve the prognosis of this disease.

Aim and Objectives

Aim

To study the clinical aspects of carcinoma of pancreas in New Yangon General Hospital and Yangon General Hospital.

Objectives

- 1) To determine the demographic distribution of carcinoma of pancreas.
- 2) To identify the different presentations of carcinoma of pancreas.
- 3) To determine the different treatment options of carcinoma of pancreas.
- 4) To determine the outcomes of the treatments.

Methodology

Study Design

- Hospital based descriptive clinical study

Study Period

- 1st January 2015 to 31st December 2015

Study Participants

- Thirty-two patients with carcinoma of pancreas admitted to General Surgical Wards in Yangon General Hospital or New Yangon General Hospital within the study period.

Methodology (Contd.)

Study Procedure

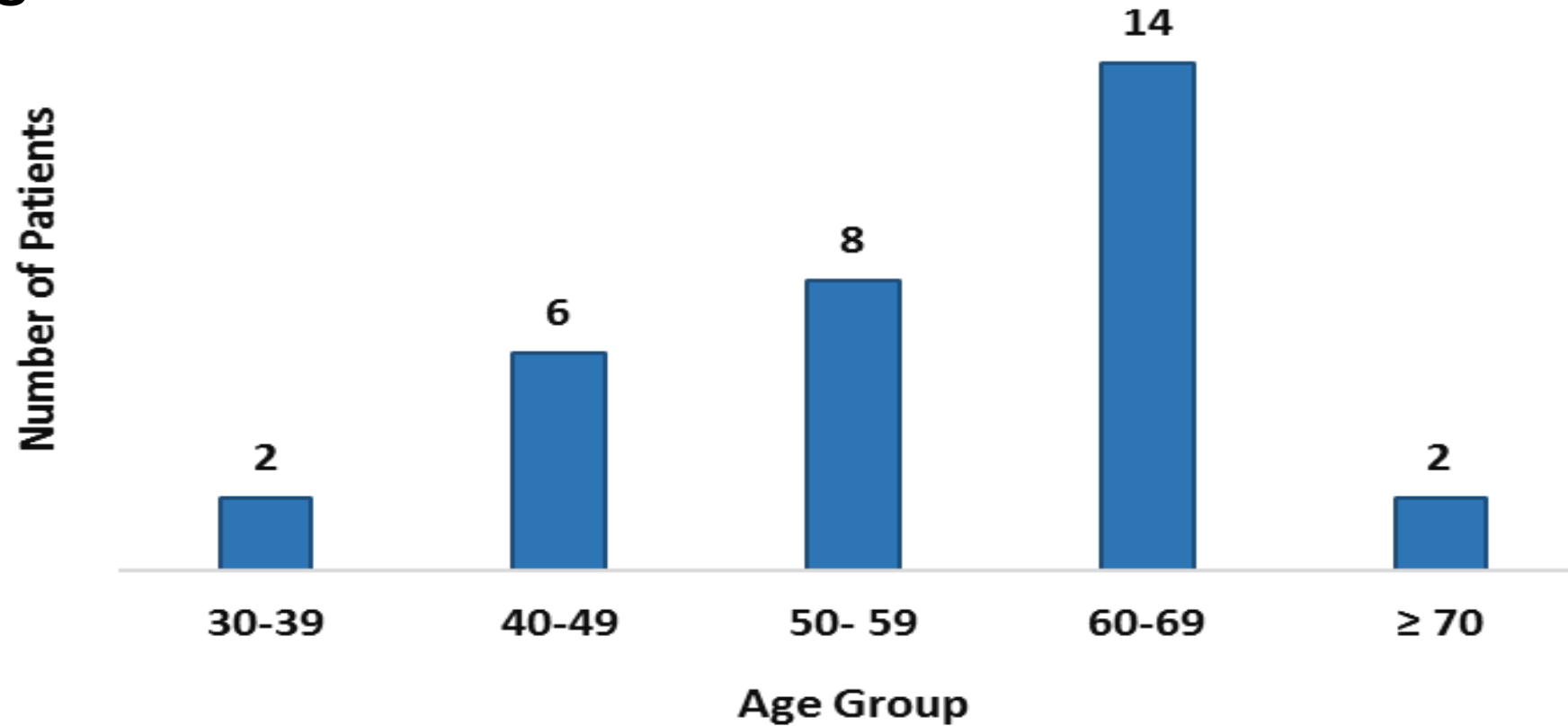
- The informed consent was taken from the patient after proper explanation about the study.
- If the patient gave voluntary consent, detailed history taking, thorough clinical examination were carried out.
- The findings and results of the performed investigations such as CT scan and serum CA 19 9 level were recorded in the proforma.
- Patient's conditions on one month follow-up visit were assessed at the respective out-patient departments.

Ethical Consideration

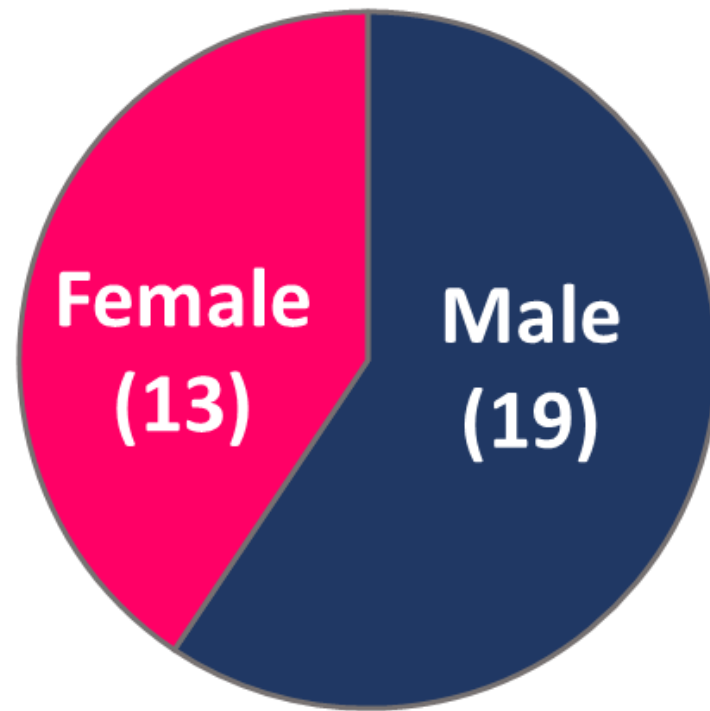
- This study followed the guideline of Ethical Committee of University of Medicine (1).

Results

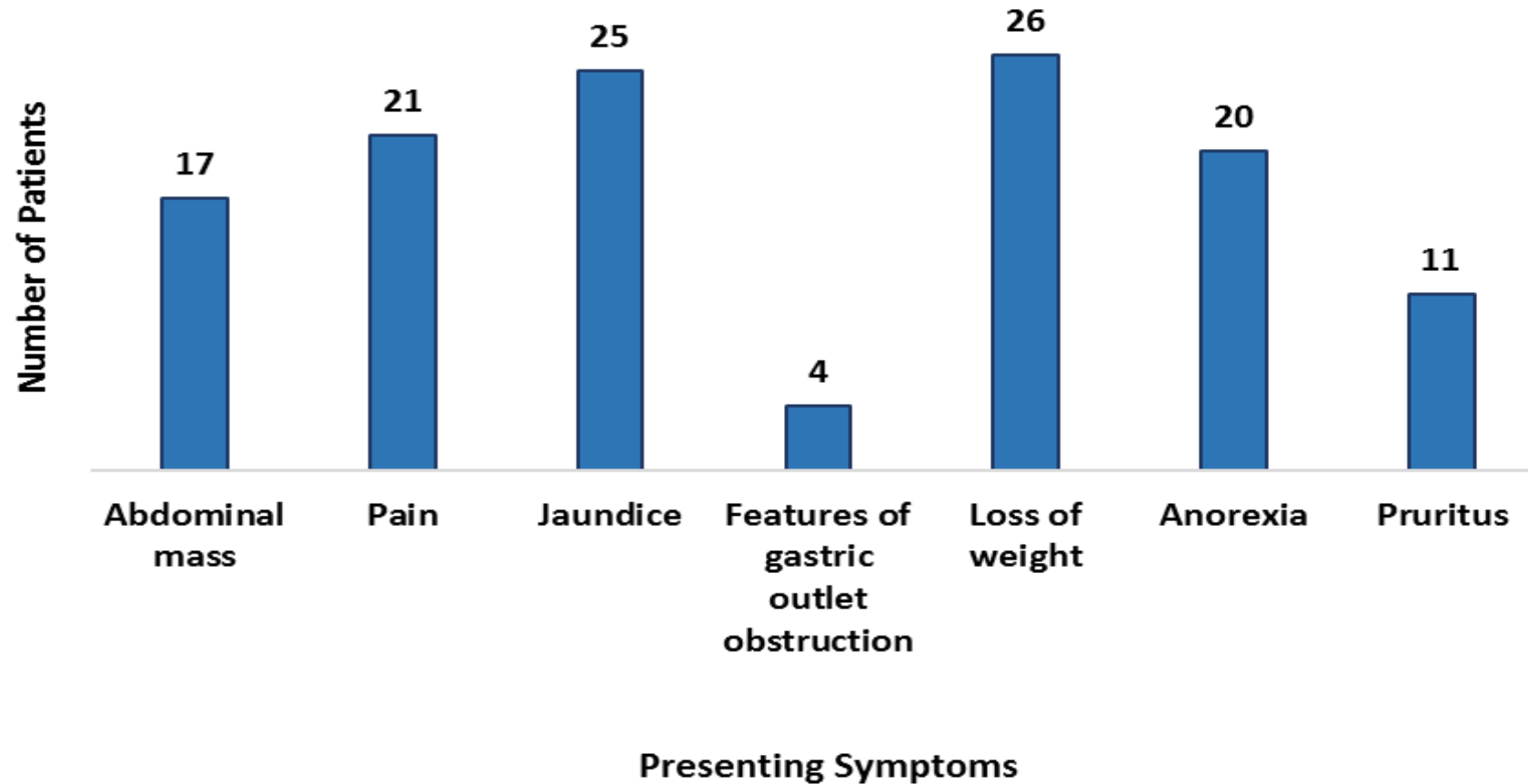
Age Distribution



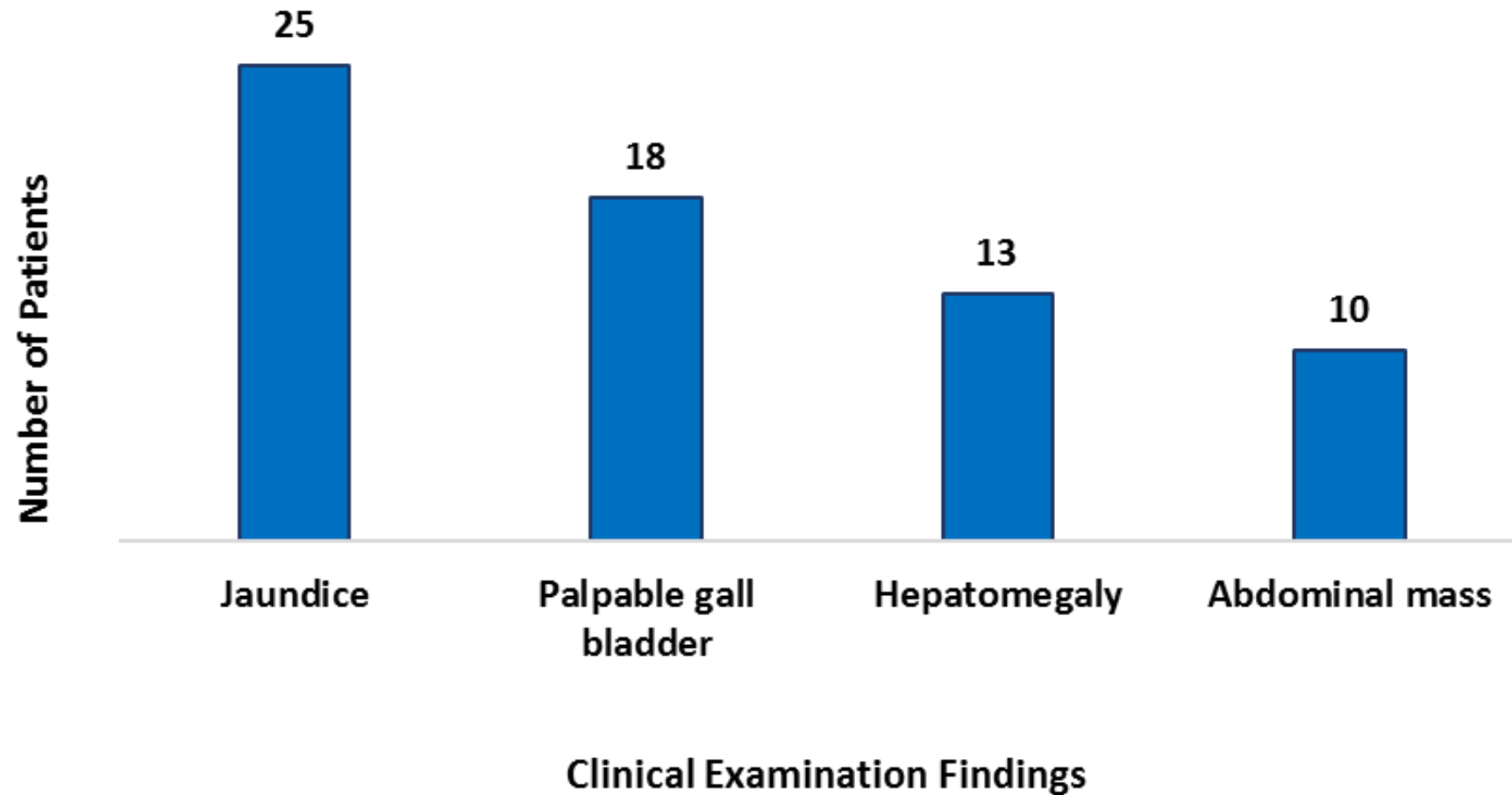
Gender Distribution



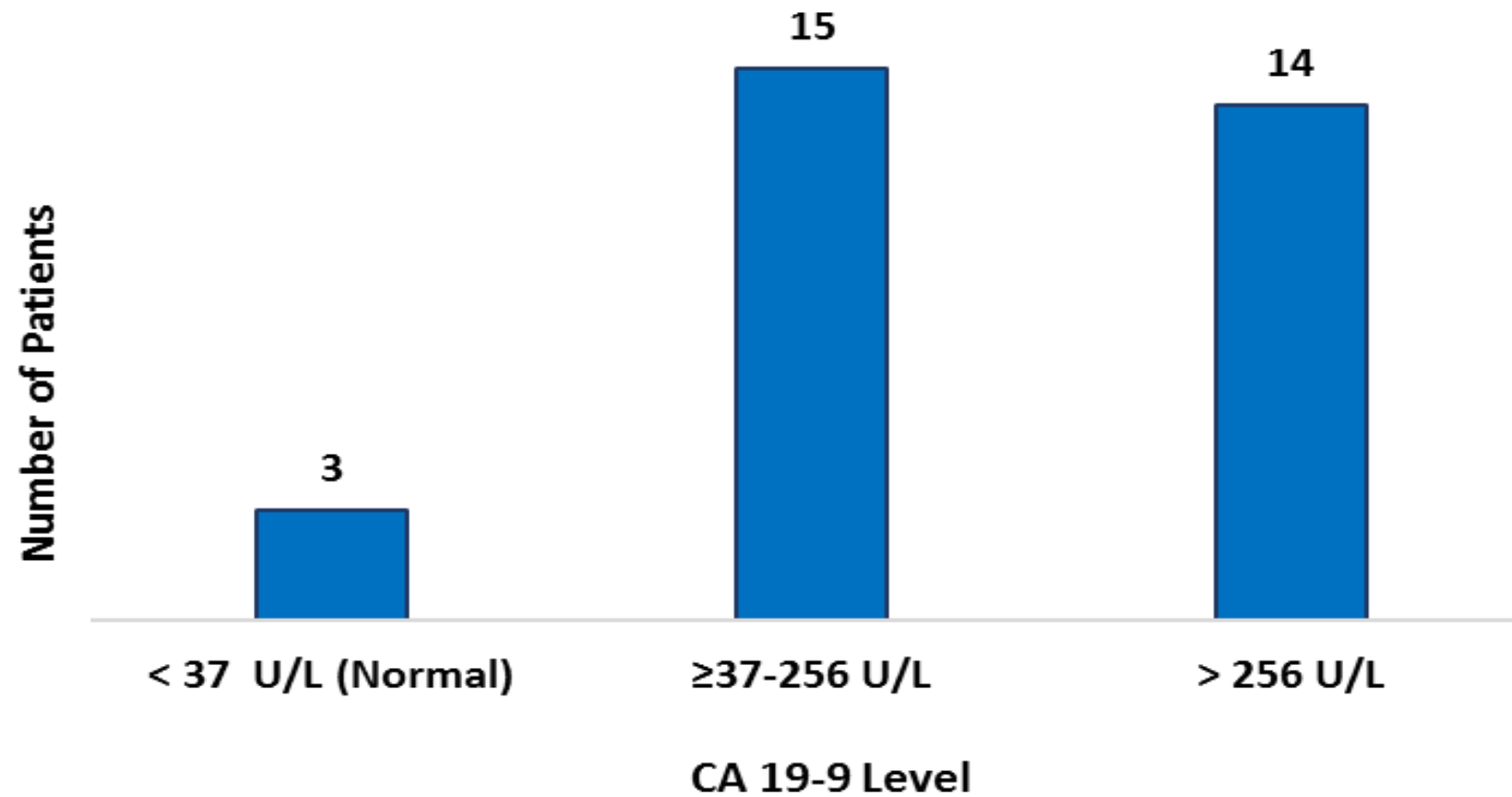
Presenting Symptoms



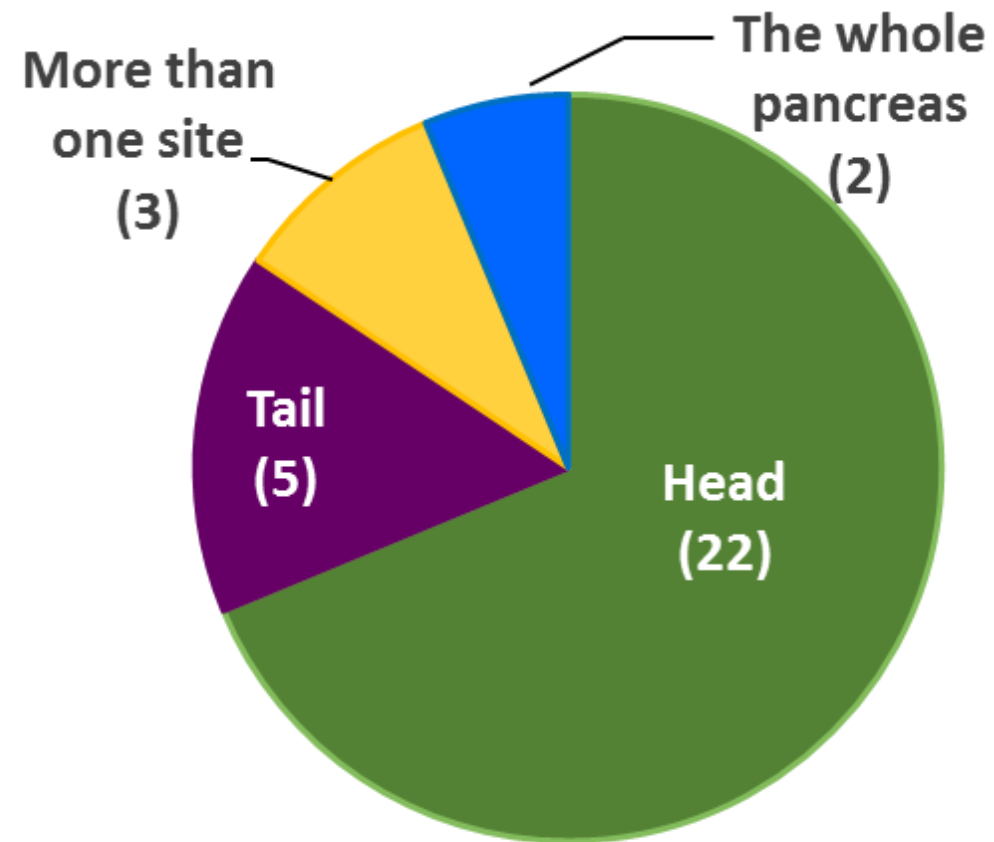
Clinical Examination Findings



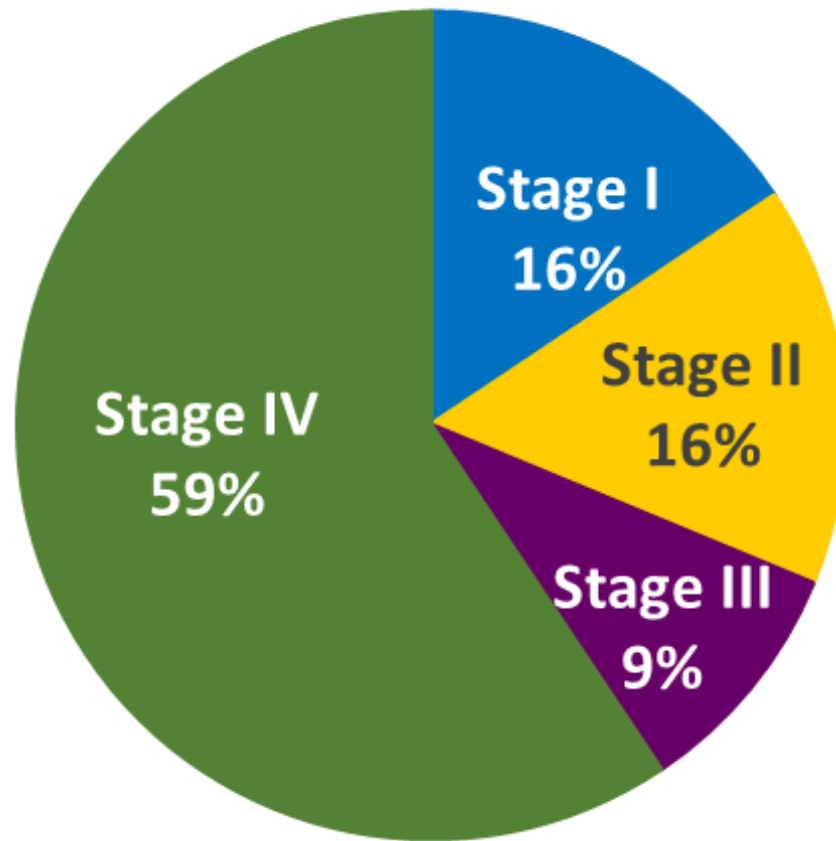
Tumor Markers Level



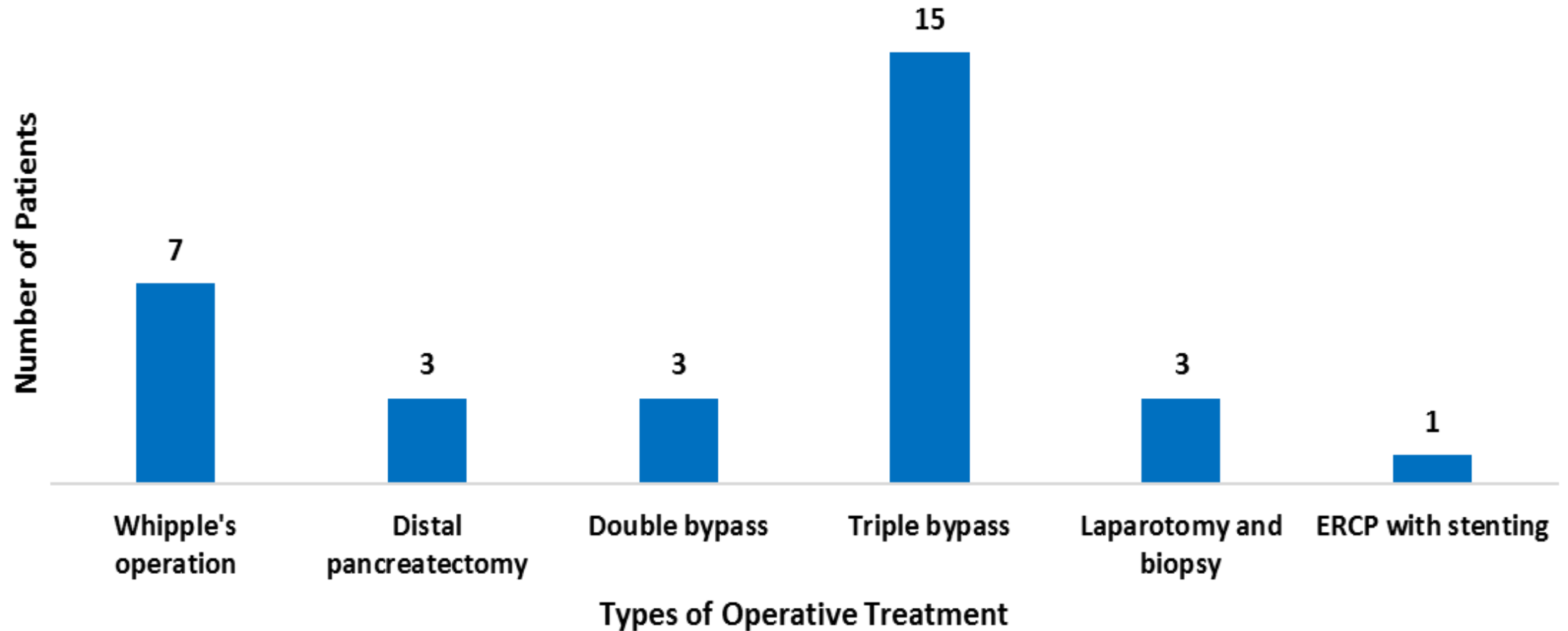
Site Distribution



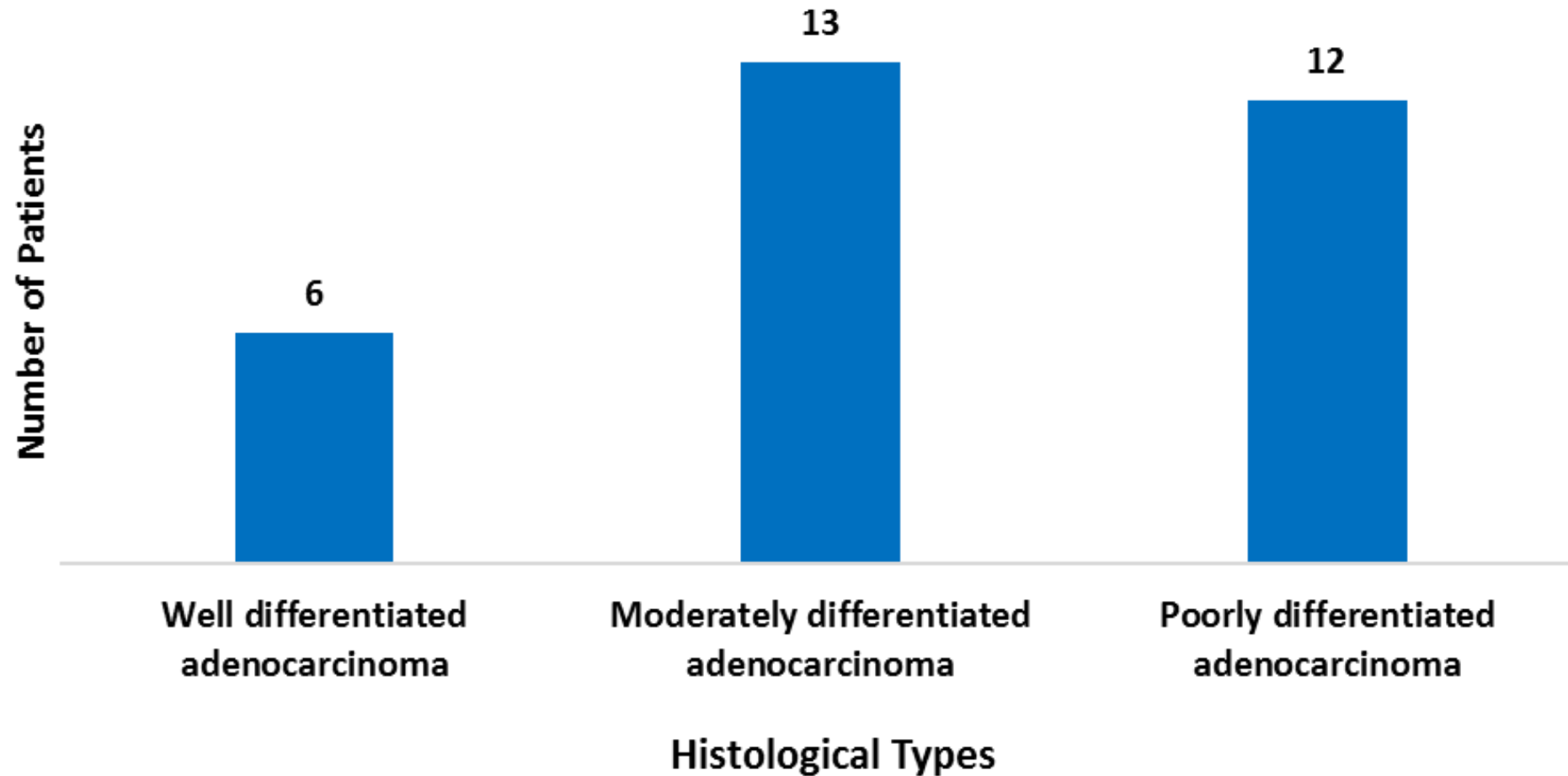
TNM Stage at Presentation



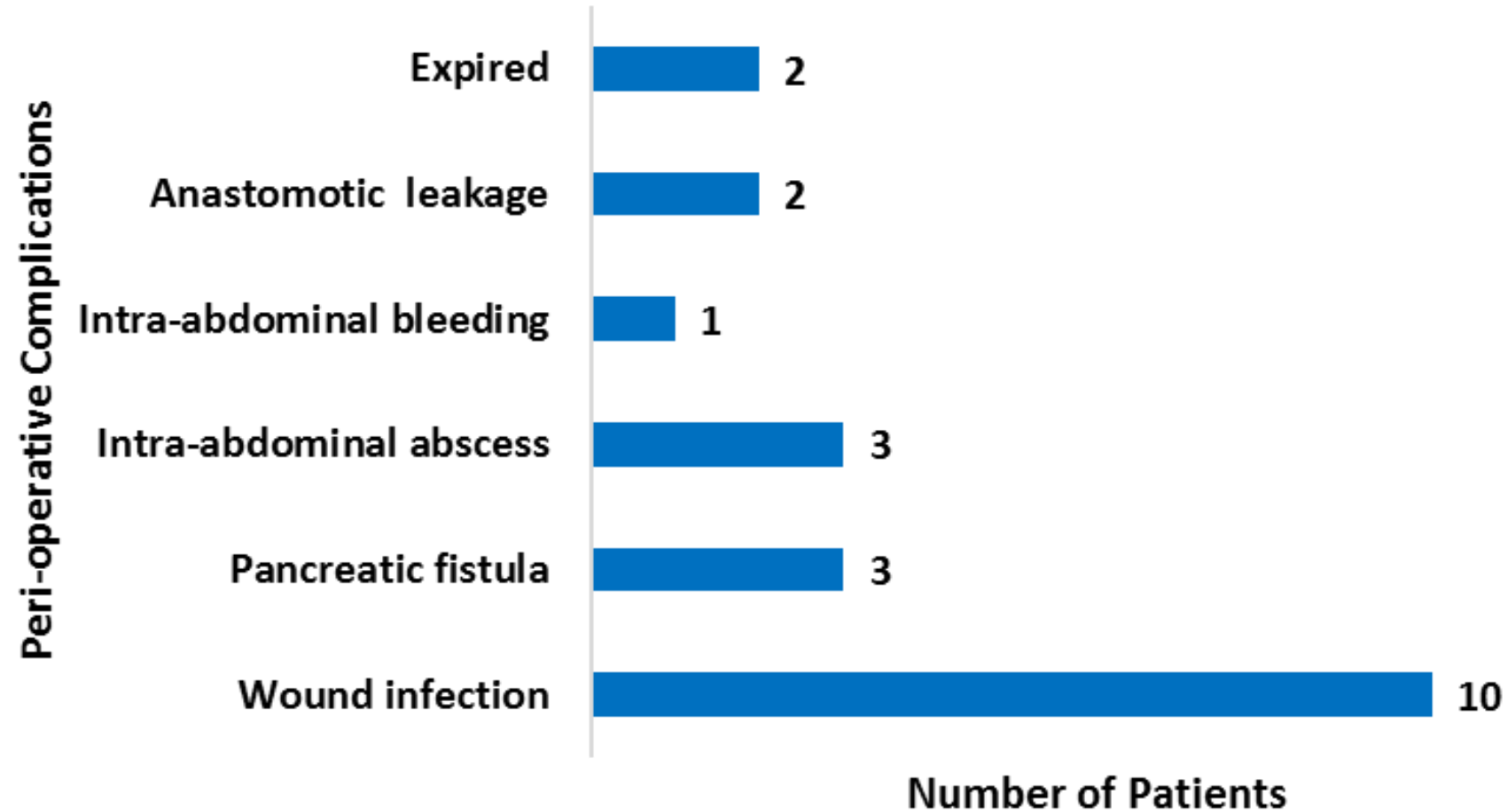
Types of Operative Treatment



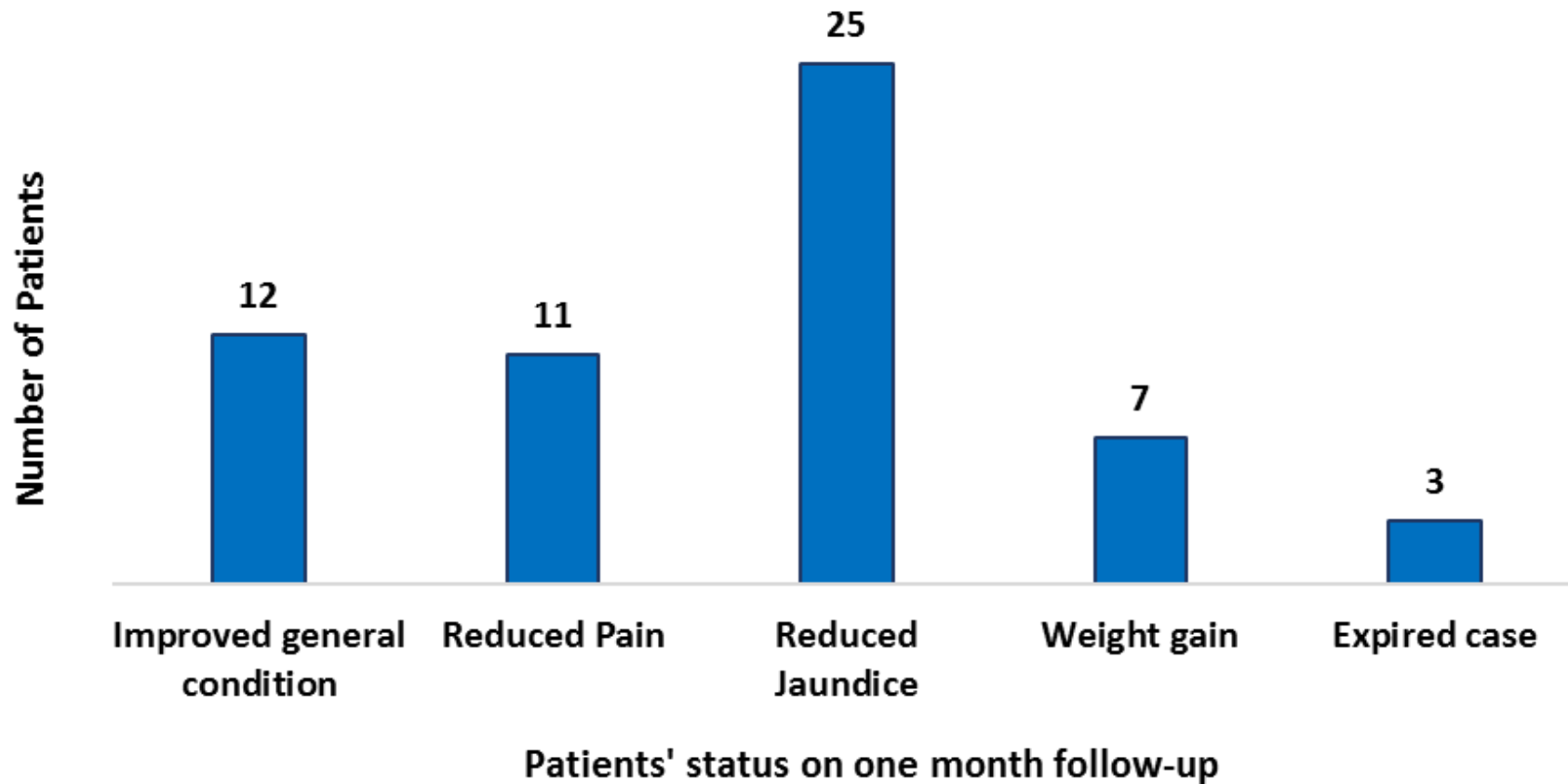
Histological Types



Perioperative Complications



Assessment of Patients of Carcinoma of Pancreas after One Month Follow-up



Discussion and Conclusion

This study can highlight some important findings about the carcinoma of the pancreas.

- It can be said that it is the disease of old age.
- Male to female ratio of 1.5:1.
- Head of pancreas was found to be the most common site of carcinoma of pancreas.
- Most of the patients come with the symptoms such as loss of weight, jaundice, pain and palpable abdominal mass.

Discussion and Conclusion (Contd.)

- When the mass is palpably enlarged, it can be said that the disease is in an advanced stage.
- Additionally, majority of the patients present to the hospital only at TNM Stage IV cancer resulting in very little or no chance of cure.
- Nowadays, there are lots of modernized imaging techniques which can be used for early detection of pancreatic cancer.
- Moreover, serum CA 19 9 level is also useful investigation in pancreas cancer as it was high in almost all cases.

Discussion and Conclusion (Contd.)

- Serum CA 19 9 level testing can be done serially to assess the treatment response too.
- The proper use of relevant investigations such as serum CA 19 9, ERCP etc. will be very helpful for early case detection and prompt treatment in the future.
- Despite the advance in the surgical techniques, the occurrence of peri-operative complications are not uncommon in the major operations for pancreatic cancer.
- However, well organized hepatobiliary and pancreatic surgical department has been developed for better treatment outcome.

Limitations

- Results may not be able to reflect the actual situation due to the short duration for follow-up.
- It is also impossible to describe the five year survival rate of the patients from this study too for the short study period.

Recommendations

- Due to the disease nature of presenting with vague history and normal physical examination, high index of suspicion and proper evaluation of every patient by any medical personnel is an essential.
- Therefore, capacity building of the medical personnel for early detection of the cases should be done.
- Proper use of relevant investigations such as ERCP, CA 19 9, etc. will be very helpful for early case detection and prompt treatment in the future.

Recommendations (Contd.)

- Health education and public awareness raising about all types of cancers should be done through mass media.
- It would be beneficial if Hepatobiliary and Pancreatic Departments are developed in all States and Divisions.

Acknowledgements

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- All the patients who participated in the study.

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