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Summary

# INFLUENCE OF AGE ON COLORECTAL POLYP CHARACTERISTICS AND FACTORS ASSOCIATED WITH DYSPLASIA: A BI-CENTER RETROSPECTIVE-PROSPECTIVE STUDY

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Colorectal

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**A retroprospective study of 347 colorectal polyps from 187 patients found that older age correlates with increased polyp number and size, while low-grade dysplasia associates with polyp size and specific histological subtypes rather than age.**

## KEY POINTS

- Among 1484 colonoscopies at two private university hospitals, 187 patients (12.6%) had 347 polyps, with mean age 53.3 years and 59% male predominance.
- Age showed statistically significant correlation with both polyp number (R=0.14, p<0.01) and size (R=0.13, p=0.013), with higher mean polyp counts in patients aged 45-65 years (2.16 polyps) and over 65 years (2.06 polyps).
- Most polyps were sessile (80%) with mean size 6.7mm, predominantly tubular adenomas (48%) followed by hyperplastic polyps (22%), with 56-66% showing low-grade dysplasia and under 10% high-grade dysplasia.
- Low-grade dysplasia correlated significantly with polyp size (p<0.001, OR 1.14) and histological type (tubular adenomas p<0.001 OR 195; tubulovillous adenomas p<0.001 OR 45), but not with patient age, polyp number, or macroscopic appearance.
- The authors conclude their findings support commencing colorectal screening from age 45.

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