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Summary

COLORECTAL CARCINOMA IN YOUNG PATIENTS, SINGLE CENTRE STUDY FROM KARACHI, PAKISTAN

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Colorectal

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A retrospective study of 117 young adults under age 30 with colorectal cancer in Karachi found left-sided predominance, with rectum and sigmoid colon most commonly affected and moderately differentiated adenocarcinoma the predominant histological type.

KEY POINTS

- Among 117 patients under age 30 diagnosed with colorectal cancer, 57.3% were male and 42.7% were female, with diagnosis confirmed by colonoscopy and histopathology.
- The rectum was the most common site affecting 41% of patients, followed by sigmoid colon at 39.3%, while ascending colon was least common at 2.6%.
- Moderately differentiated adenocarcinoma was the most common histological type found in 82.5% of cases, with signet ring type present in 10%.
- The most common clinical presentations were abdominal pain in 53%, constipation in 38.5%, and bleeding per rectum in 36% of patients.
- The authors conclude that colorectal cancer is rising among young adults and call for more studies to develop screening and surveillance guidelines for their population.

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