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Summary

DIFFERENCES BETWEEN MEN AND WOMEN IN COLONOSCOPY INDICATIONS AND FINDINGS

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Colorectal

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A retrospective study of 287,930 colonoscopies found significant sex-based differences in both procedure indications and pathological findings, with males showing higher rates of polyps, cancer, and inflammatory bowel disease while females more commonly presented with functional symptoms.

KEY POINTS

- Among 287,930 colonoscopies (52.5% female, 47.5% male) performed 2016-2021 across seven centers, females had better bowel preparation quality (71.4% vs 65.6% excellent/good) and no difference in cecal intubation rates.
- Females more frequently underwent colonoscopy for abdominal pain (15% vs 9.9%), constipation (3.9% vs 2.2%), diarrhea (12.6% vs 11.4%), and anemia (7.6% vs 4.9%), all $p<0.001$.
- Males more commonly had indications of positive fecal occult blood (9.5% vs 7.8%), rectal bleeding (10.7% vs 7.8%), polyp surveillance (10.8% vs 7.1%), and screening (23.4% vs 20.6%), all $p<0.001$.
- Pathological findings were significantly more common in males: polyp detection (35.1% vs 24.6%), colon cancer (0.5% vs 0.4%), Crohn's disease (1.5% vs 1.3%), ulcerative colitis (1.6% vs 1.5%), and diverticulosis (14.9% vs 12.8%).
- The authors conclude these differences highlight a need for sex-specific approaches in gastrointestinal disease diagnosis and management.

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