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Histopathologic evaluation and prevalence of gastric cancer in Herat province of Afghanistan for the first time

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Background: Gastric cancer is one of the leading causes of cancer related death worldwide. Many patients have inoperable diseases at diagnosis or have recurrent diseases after resection with curative intent. Gastric cancer is separated anatomically into true gastric adenocarcinomas and gastro-oesophageal junction adenocarcinomas, and histologically into diffuse and intestinal types. Gastric cancer should be treated by teams of experts from different disciplines. Surgery is the only curative treatment for locally advanced diseases. Chemotherapy is usually implemented in combination with surgery. In metastatic diseases, outcomes are poor with median survival being around one year. For the first time in Herat province of Afghanistan author decided to have a research on gastric cancers. Since there was no pathology laboratory in the past, no data is available about prevalence and incidence of these diseases. Author has collected the data and related possible causes of gastric cancer in my cancer diagnostic center, in order to inform the community about these dangerous diseases. Unfortunately in our country most of patients diagnose in late stages of cancer because of lack of facilities and awareness of diagnostic methods.

Objective: To evaluate the histopathologic types of gastric cancer and related risk factors in Herat city.

Methods: This research is a descriptive study (based on existing data) or cross sectional study. The study population consists of 152 gastric biopsies from the patients who were suffering from gastric disorders. Endoscopically mucosal resection (biopsy) is taken by endoscopists and referred to Firooz pathology laboratory for diagnosis. The research data is from 01/01/2015 to 01/01/2017.

Materials: All tissues were excised by endoscopy as mucosal resections (biopsies). The diagnosis of the tissue samples were according to histologic preparation and stained slides (H&E) after standard histotechnology.

Results: In this study, 152 biopsies were assessed. 137 patients diagnosed gastric cancer, among them 95(69.2%) were males and 42(30.7%) females. 45.26% of cancer patients aged over 60 years old. In 71.05% of biopsies revealed intestinal type adenocarcinoma, 11.8% of patients the biopsies showed diffuse type carcinoma. Dysplasia was noted in 6.57% of biopsies. Finally 2.70% of biopsies revealed atrophic gastritis and 0.65% of cases revealed lymphoma NHL. In 49.6% of cases the tumors had proximal location and in 50.44% of cases the tumor had distal location. Low grade adenocarcinoma were seen in 22.6% of cases, moderately differentiated were seen in 19.7% of cases and poorly differentiated were seen in 57.7% of cases. In this study 41.6% of cases revealed *Helicobacter pylori* in gastric mucosa. Patients who diagnosed gastric cancer did not use alcohol and tobacco, most used meat in their daily diet.

Conclusion: By considering this fact that gastric cancer is a dangerous disease specially in undeveloped countries like Afghanistan and kills many people, it is mandatory for physician to diagnose gastric cancer in onset and early stages, in order to survive patients. According to our study most of referring patients (57.7%) suffered from Grade III adenocarcinoma and diagnosed poorly differentiated adenocarcinoma during their first endoscopy and histopathologic examination and the mean age for gastric cancer was 57.8, therefore it is recommended for doctors to consider abdominal discomfort and gastric disorders as a serious problem and do necessary investigative methods especially in ages above 45 years with special emphasis on early diagnosis of disease in order to reduce and decrease death rates.

Biography

Haroon Firooz has completed his speciality program in field of Pathology in Goethe University Frankfurt, Germany. He is the Head of the Pathology Department in Herat Medical Faculty of Afghanistan. He has published more than eight papers in Herat University Medical Journal.

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