



Certificate of Attendance

this is to certify that:

Sukri Rahman

has participated

16th National Congress of PERHATI-KL


Medan, June 12th - 14th 2013
JW Marriott Hotel

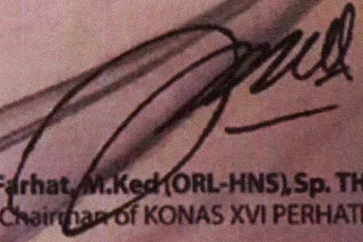
as

SPEAKER

SK PB IDI No. 418/PB/A.4/06/2013

Participant 24 SKP, Speaker 4 SKP, Moderator 3 SKP, Committee 6 SKP


Prof. dr. Bambang Hermani, Sp.THT-KL(K)
Chairman of Indonesian ORL-HNS Society


dr. Farhat M. Ked (ORL-HNS), Sp. THT-KL(K)
Chairman of KONAS XVI PERHATI-KL

NASOPHARYNGEAL CARCINOMA IN WEST SUMATRA: CLINICO-PATHOLOGICAL PRESENTATION

Sukri Rahman, Histawara Subroto, Dini Novianti

*Department of Otorhinolaryngology Head And Neck Surgery, Faculty Of Medicine,
Andalas University, Padang, Indonesia*

ABSTRACT

Background: Nasopharyngeal Carcinoma (NPC) is the most common head and neck cancer in West Sumatra. Most patients with nasopharyngeal carcinoma have advanced stage at presentation. Recognizing the common symptoms is important to diagnose the disease at an early stage. No studies have been conducted to evaluate the clinical presentation of NPC in West Sumatra. **Objective:** To describe the clinical presentation of nasopharyngeal carcinoma in West Sumatra Indonesia. **Methods:** This was a retrospective review of all patients with nasopharyngeal carcinoma admitted to the department of otorhinolaryngology Dr. M. Djamil hospital, Padang, Indonesia from July 2010 to June 2012. **Result:** A total number of 38 patients with histologically confirmed nasopharyngeal carcinoma presented during the study period. There were 20 males and 18 females (ratio 1.1:1) with a mean age of 46.6 ± 14.1 years. Most patients present with stage IV 30 (78.9%) followed by stage III and II respectively 4 (10.5%). All of the patients presented with multiple symptoms, cervical lymphadenopathy is the most common symptom (97.3%) followed by nasal obstruction 27 (71.1%), tinnitus 23(60.5%), epistaxis 19 (50.0%) and headache 19 (50.0%). Other were hearing loss 17 (44.7%), diplopia 15 (39.4%), impaired sense of smell 10 (26.3%) and otalgia 5 (13.1%). Histologically, undifferentiated carcinoma was the most common 21(55.2%) followed by differentiated nonkeratinizing squamous cell carcinoma 16 (42.1%) and keratinizing squamous cell carcinoma 1(2.6%). **Conclusion:** All of the patients with nasopharyngeal carcinoma presented with multiple symptoms, which cervical lymphadenopathy is the most common symptom and chief complain of patient at presentation.

Keywords: Nasopharyngeal carcinoma, clinical presentation, west Sumatra, Indonesia

Introduction

Nasopharyngeal carcinoma (NPC) is a unique cancer with clinical symptoms, epidemiological, and histopathological unlike other squamous cell carcinoma of the head and neck. NPC is a relatively rare malignancy in most parts of the world; however, it is endemic in many geographical regions, including Southern China and Southeast Asia.¹ NPC is a frequent cancer in Indonesia; it is the most common head and neck cancer.² Indonesia has diverse ethnic groups with a variety of life habits and types of food. The Minangkabau is one big ethnic in Indonesia which is the main population of west Sumatra province. NPC is also the most common head and neck cancer in West Sumatra.

Most patients with nasopharyngeal carcinoma have advanced stage at presentation. Recognizing the common symptoms is important to diagnose the disease at early stage.

No studies have been conducted to evaluate the clinical presentation of NPC in West Sumatra.

The purpose of this study is to describe the clinical presentation of nasopharyngeal carcinoma in West Sumatra Indonesia.

Methods

This is a retrospective study. The case records of all patients presenting with nasopharyngeal carcinoma to the department of Otorhinolaryngology Head and Neck Surgery Dr. M. Djamil hospital, Padang, Indonesia between July 2010 and June 2012 were reviewed. Patient's bio data, clinical presentation, staging and histopathology were collected. The chief complaint is symptoms that represent the main reason for seeking medical advice. Each patient was staged according to the TNM at presentation. The American Joint Committee on Cancer (AJCC)/ the International Union Against Cancer (UICC) 2002 classification and stage grouping was used. The

histopathological diagnosis was classified into three according to the WHO classification.

Results

A total number of 38 patients with histologically confirmed nasopharyngeal carcinoma presented during the study period. There were 20 males and 18 females (ratio 1.1:1) with a mean age of 46.6 ± 14.1 years. Most patients present with stage IV 30 (78.9%) followed by stage III and II respectively 4 (10.5%).

All of the patients presented with multiple symptoms, cervical lymphadenopathy is the most common symptom (97.3%) followed by nasal obstruction 27 (71.1%), tinnitus 23(60.5%), epistaxis 19 (50.0%) and headache 19 (50.0%). Other were hearing loss 17 (44.7%), diplopia 15 (39.4%), impaired sense of smell 10 (26.3%) and otalgia 5 (13.1%) (table 1)

Histologically, undifferentiated carcinoma was the most common 21(55.2%) followed by differentiated nonkeratinizing squamous cell carcinoma 16 (42.1%) and keratinizing squamous cell carcinoma 1(2.6%).

Table 1.
Clinical symptom at presentation

Symptoms	No	%
Cervical lymphadenopathy	37	97.3
Nasal obstruction	27	71.1
Tinnitus	23	60.5
Epistaxis	19	50.0
Headache	19	50.0
Hearing loss	17	44.7
Diplopia	15	39.4
Impaired sense of smell	10	26.3
Otalgia	5	13.1

Table 2.
Chief complaint at presentation

Symptoms	No	%
Cervical lymphadenopathy	23	60.5
Headache	6	15.8
Nasal obstruction	4	10.6
Epistaxis	3	7.9
Diplopia	1	2.6
Airway obstruction	1	2.6
Total	38	100

Discussion

Diagnosis of NPC is often delayed and tends to be difficult due to the hidden location of the nasopharynx.³ Clinical symptoms at presentation are influenced by these factors. As in this study cervical lymphadenopathy is the most common patient's complaints, followed by nasal obstruction, tinnitus and epistaxis. These are not too different from observation reported by other studies.^{3,4}

WHO type III was the most frequent histopathologic type in our study population, it similar to other studies in endemic areas.^{1,2}

Conclusion

All of the patients with nasopharyngeal carcinoma presented with multiple symptoms, which cervical lymphadenopathy is the most common symptom and chief complaint of patient at presentation.

References

1. Tabuchi K, Nakayama M, Nishimura B, Hayashi K, Hara A. Early Detection of Nasopharyngeal Carcinoma. *Int J Otolaryngol*. 2011; 2011: 638058, doi: 10.1155/2011/638058. Epub 2011 Jun 8.
2. Adham M, Kurniawan AN, Muhtadi AI, Roezin A, Hermani B, Gondhowiardjo S, et al. Nasopharyngeal carcinoma in Indonesia: epidemiology, incidence, signs, and symptoms at presentation. *Chin J Cancer*. 2012;31(4):185-96.
3. Iseh KR, Abdullahi A, Malami SA. Clinical and histological characteristics of nasopharyngeal cancer in Sokoto, north-western, Nigeria. *West Afr J Med*. 2009;28(3):151-5.
4. Al-Rajhi N, El-Sebaie M, Khafaga Y, AlZahrani A, Mohamed G, Al-Amro A. Nasopharyngeal carcinoma in Saudi Arabia: clinical presentation and diagnostic delay. *East Mediterr Health J*. 2009;15(5):1301-7