

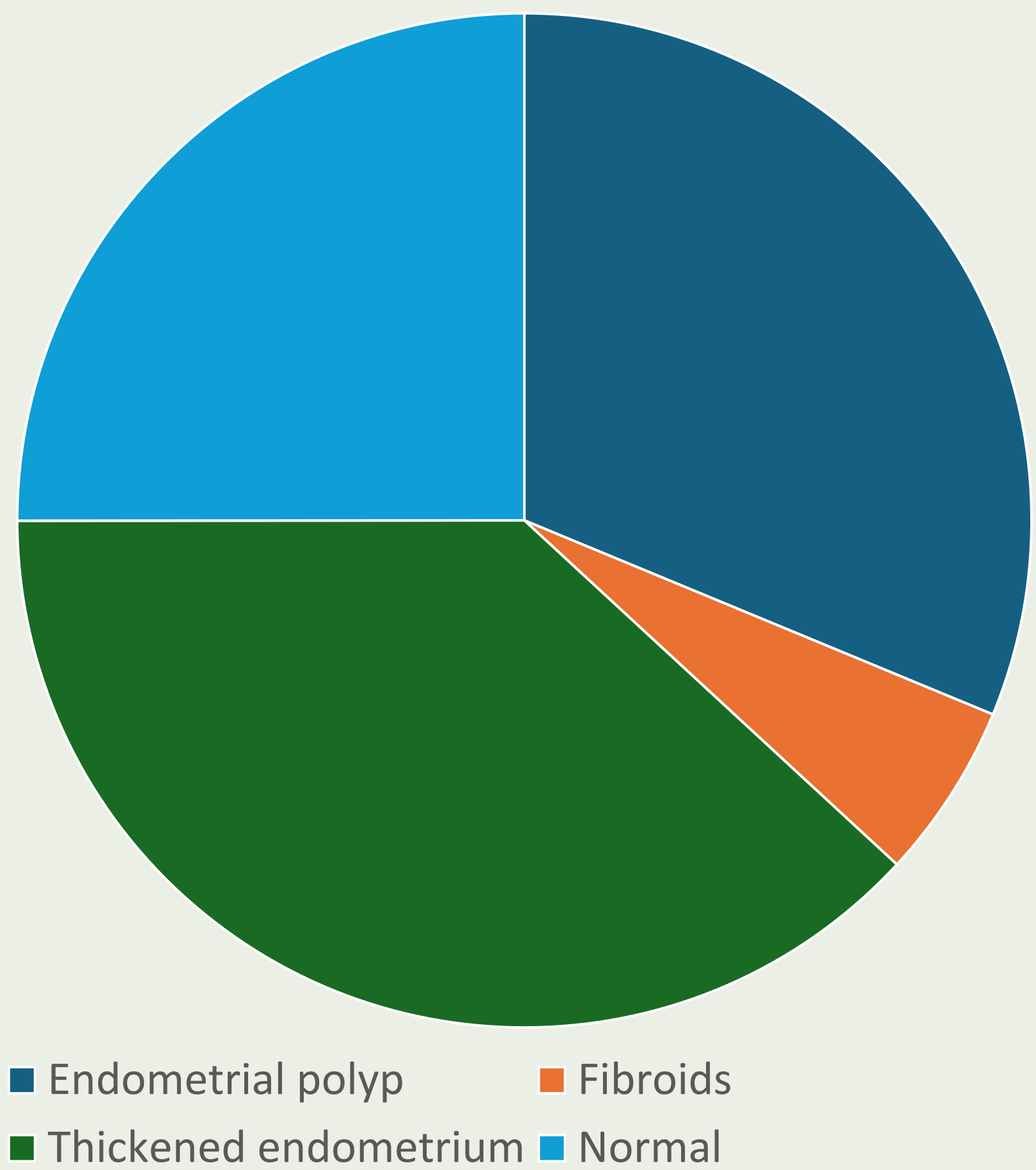
ENDOMETRIAL PATHOLOGY IN WOMEN REFERRED TO OUTPATIENT HYSTEROSCOPY CLINICAL FACTORS & DIAGNOSTIC OUTCOMES

Dr. Ghida Maziad
Mr. Fadi Al-Fhaily
Colchester General Hospital - ESNEFT,
Colchester, UK

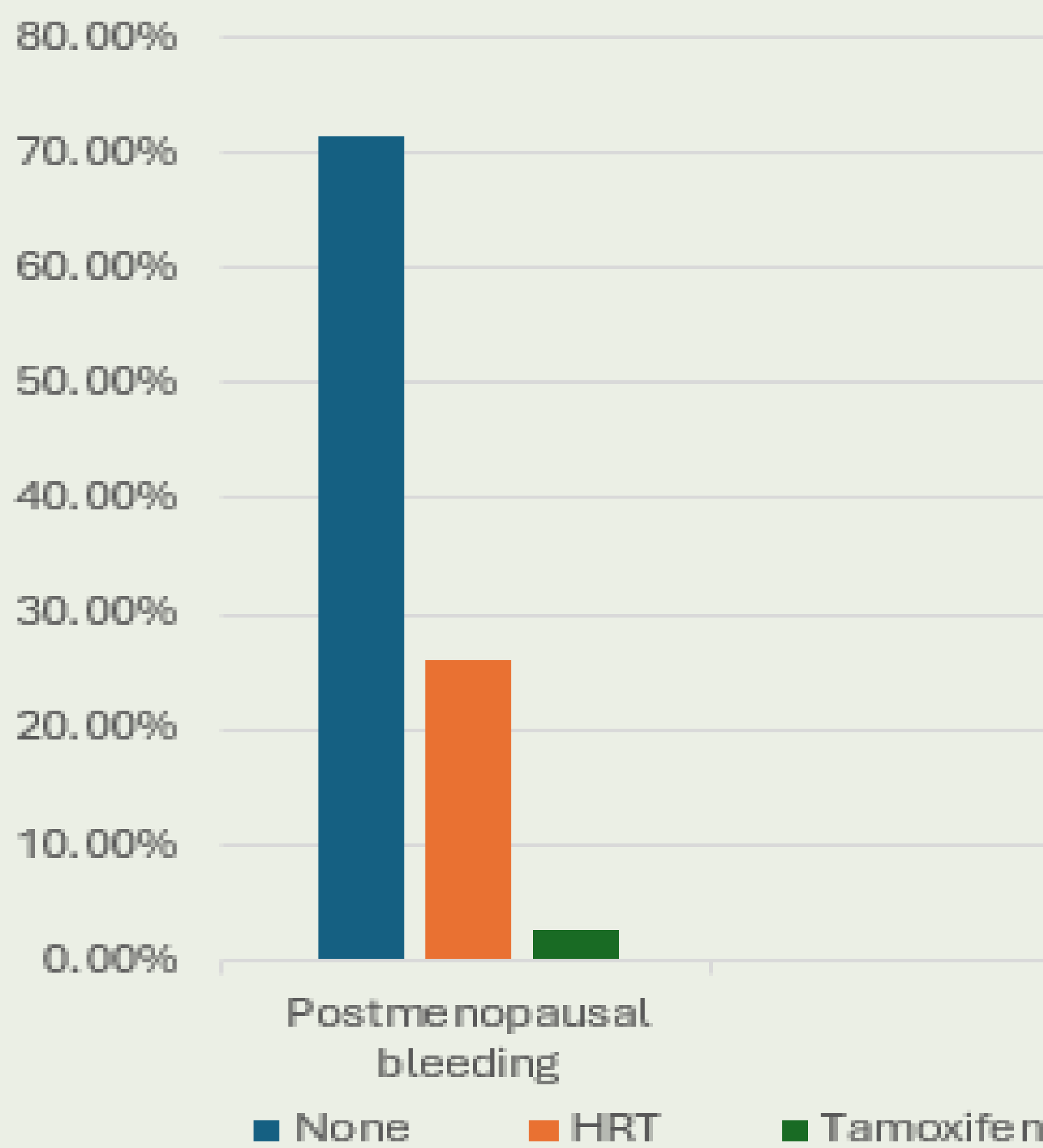
INTRODUCTION

Abnormal uterine bleeding in postmenopausal women often indicates underlying endometrial pathology, including cancer. Outpatient hysteroscopy, as an efficient and minimally invasive diagnostic tool, offers direct visualisation with the option for targeted biopsy. A landmark 2002 systematic review involving over 26,000 women confirmed its high accuracy in diagnosing endometrial cancer and hyperplasia (1), A 2019 meta-analysis of 35,000 women reported a malignancy rate of 4.9% in postmenopausal polyps—a rate significantly higher than in premenopausal patients—and highlighted that bleeding increases malignancy risk further (2). Given the high prevalence of obesity, HRT, and PMB , outpatient hysteroscopy plays a vital role in identifying endometrial cancer.

Ultrasound Findings In Patients With Postmenopausal Bleeding



Characteristic of patients with PMB



OBJECTIVE

This retrospective cohort study aims to understand the clinical characteristics and the diagnostic results of patients who have attended the outpatient hysteroscopy clinic at Colchester General Hospital.

DESIGN

We focused on the association between risk factors, including age, BMI, HRT usage, endometrial thickness on transvaginal ultrasound, ultrasound findings (fibroid, polyps, intracavity fluid), findings on hysteroscopy and histology. The primary outcome of this study is identification of **endometrial cancer** on histology.

METHOD

We reviewed 160 patients who were referred to the outpatient hysteroscopy clinic – Target – Two Week Pathway, for over 6 months duration for irregular vaginal bleeding, thick endometrium on ultrasound in asymptomatic women, unscheduled bleeding on HRT and postmenopausal bleeding.

1)Clark TJ, Voit D, Gupta JK, et al. *Accuracy of hysteroscopy in the diagnosis of endometrial cancer and hyperplasia: a systematic quantitative review.* **JAMA.** 2002;288(13):1610–1621. doi:10.1001/jama.288.13.1610
2) Di Spiezio Sardo A, Pategna D, Piccoli M, et al. *The risk of malignancy in uterine polyps: a systematic review and meta-analysis.* **Eur J Obstet Gynecol Reprod Biol.** 2019. (Meta-analysis of 35,345 women; malignancy in postmenopausal polyps 4.93%)

RESULTS

The mean age was 55 years, and the mean BMI was 32. Postmenopausal bleeding was present in 52.5% of patients, with 25.9% on HRT and 2.5% on Tamoxifen. The average endometrial thickness was 9mm. On Ultrasound, **endometrial polyps** were noted in **31.25%**, **fibroids** in **5.62%** and **thickened endometrium** in **38.12%** of cases. After undergoing hysteroscopy, 31.87% had normal findings. Endometrial cancer was detected in 4.37% of cases. **Postmenopausal bleeding** was the primary complaint of patients who were found to have **endometrial cancer**, with **endometrial polyps** as the major finding on hysteroscopy, as it was found in 85.71% of the cases. Of these patients, 57.14% had a BMI>30 and only 14.28% of cases were on HRT.

CONCLUSION

This study suggests that **endometrial polyps** are a key finding on hysteroscopy and should warrant further investigations when identified in postmenopausal patients presenting with bleeding.