Impact of Performance Status, Stage, and HIV Status on Burkitt's Lymphoma Outcomes: A Retrospective Study from a Major Referral Center in Ethiopia, Africa

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Introduction

Endemic or African Burkitt's lymphoma typically manifests in the jaw, while the sporadic variant primarily affects the abdomen. Previous research focusing on childhood cases in Ethiopia has yielded contrasting results. This study aims to address the limited understanding of Burkitt's lymphoma in adults, providing essential insights into this aggressive disease.

Objectives

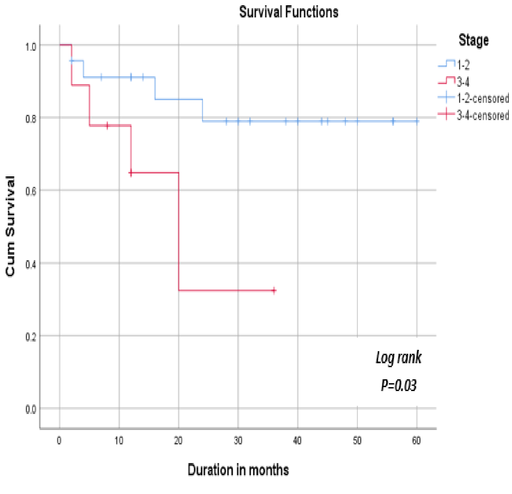
To evaluate the clinical features, treatment responses, and prognostic factors influencing survival in patients

Methods

Hospital-based, observational, cross-sectional study at Tikur Anbesa Specialized Hospital (TASH), Addis Ababa, Ethiopia.

Patient characteristics

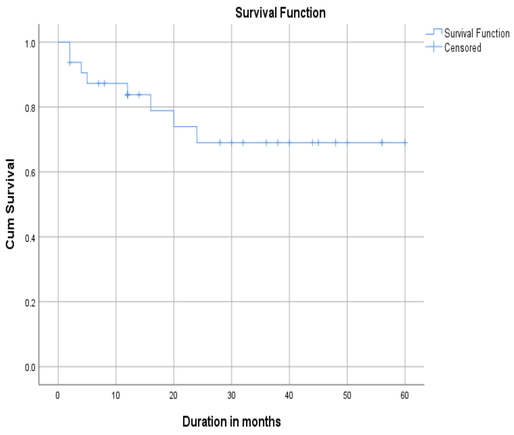
The study included all 32 patients who were diagnosed with Burkitt's lymphoma in the past 6 years at TASH, with a mean age of 35.8 (+12.247) years and a male to female ratio of 2 to 1. Approximately 62.5% of the patients were rated as having grade 2 ECOG performance. More than half of patients did not have any comorbidities. HIV was the most common comorbidity, identified in 22% (7) patients.



Stage of Disease Vs Survival of Burkitt's Lymphoma patients with log-rank test at TASH

Results

Cardinal clinical presentations included abdominal symptoms (56.3%) and lymphadenopathy (43.8%). Jaw mass was not observed in any patient. Hepatosplenomegaly and abdominal masses were found in 42% of patients. Most patients with Burkitt's lymphoma presented with advanced-stage disease. The most common chemotherapy regimen was R-EPOCH, administered to 67.85% of patients, while four patients received no treatment due to their poor performance status. Among treated patients, 57.14% (n=16) achieved clinical remission, 32.14% (n=9) had progressive disease, and 10.71% (n=3) had stable disease. The median follow-up duration was 18 months, and 25% (n=8) of patients died during the study period. Factors significantly associated with treatment outcomes were ECOG performance status, HIV status, and disease stage (p = 0.025, 0.02, and 0.038, respectively).



Kaplan Meier curve showing overall survival function of Burkitt's lymphoma patients in TASH

Conclusion

This study identified performance status, disease stage, and HIV status as factors associated with treatment outcomes in Burkitt's lymphoma. However, the limited sample size warrants cautious interpretation of these findings.

References

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