

The Risk of Inverted Papilloma Warrants Histological Examination in both Unilateral and Bilateral Polyps

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Nasal Polyps

Described since the Ancient Egyptians.

4% incidence in the general population – higher in asthmatics and those with NSAID sensitivity^[1].

A distressing burden of symptoms for patients

- Obstruction
- Sleep Disturbance
- Alteration of the senses

Most are benign inflammatory connective tissues with surrounding oedema, but not all...

...Inverted Papilloma

Destructive. Invasive. Recurrent. **Malignant potential.**

Incidence: **7%** of nasal polyps^[2,3].

These are often unilateral – but not always.

Yet, sending all nasal polyps, especially bilateral for histology is a contentious issue:

- 'Histology changes the outcome in 1% of bilateral cases^[1]'
- 'Routine histopathological examination of all specimens should be practiced at least in the elderly population^[4]'
- 'For unilateral polyps histopathological examination is mandatory. However, routine histological examination of bilateral cases may not be necessary in where clinical assessment shows no unusual or suspicious signs^[5]'
- 'All nasal polyp specimens require confirmation of diagnosis^[6]'
- 'Routine histology is low yield for bilateral cases. No compelling evidence was found to cease practice of routine pathology, surgeons should exercise individual judgement^[7]'

Aims

What is the incidence of inverted papilloma in those with unilateral polyps and those with bilateral polyps?
What can this tell us about the role of routine histology?

Results

Retrospective – January-February 2019 – all nasal polypectomies in West Wales Glangwili Hospital. 50 procedures performed with available histology

- Mean age: 55
- Male:Female 3:2

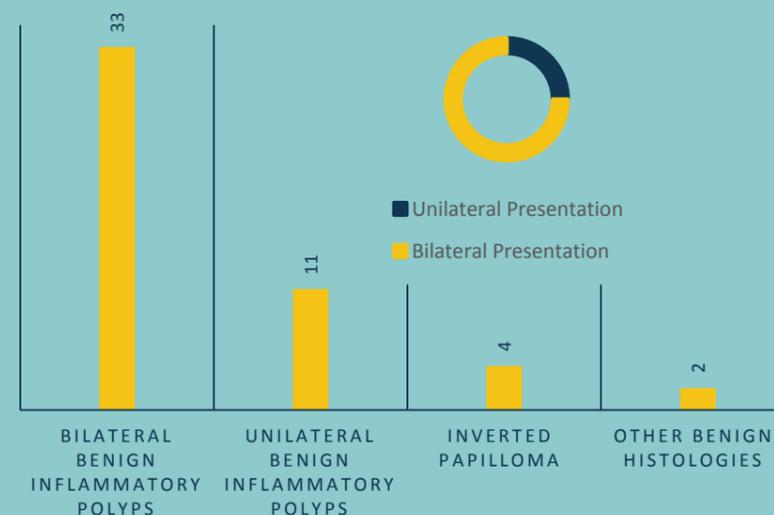
Inverted Papilloma: 4 patients - 8%

Unilateral: 12 patients

- 1 was an inverted papilloma – **8%**

Bilateral: 38 patients

- 3 had inverted papilloma – **8%**
 - 1 case was a bilateral inverted papilloma
 - 2 cases had concomitant inflammatory polyps contralaterally



Discussion

Current evidence encourages histology in all unilateral samples^[5], and cannot refute its benefit for some bilateral cases. However, there is no overarching guideline^[1].

Our centre routinely sends all samples for pathological analysis.

Our incidence of inverted papilloma is comparable to the literature, suggesting a representative sample^[2,3]. Although small numbers, an interesting observation could be drawn to influence local practice.



Conclusions

- There was **equal incidence** of inverted papilloma in unilateral and bilateral cases
- Routine histology was useful here despite small numbers in the sample
- Interestingly more patients presented bilaterally than unilaterally as is classical for inverted papilloma
- Concomitant benign polyps may act to falsely reassure on clinical examination
- Our department will continue to routinely send **ALL** polypectomies for histology

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