

# 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<sup>[1]</sup>.  
 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<sup>[2,3]</sup>.  
 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<sup>[1]</sup>'
- 'Routine histopathological examination of all specimens should be practiced at least in the elderly population<sup>[4]</sup>'
- '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<sup>[5]</sup>'
- 'All nasal polyp specimens require confirmation of diagnosis<sup>[6]</sup>'
- 'Routine histology is low yield for bilateral cases. No compelling evidence was found to cease practice of routine pathology, surgeons should exercise individual judgement<sup>[7]</sup>'

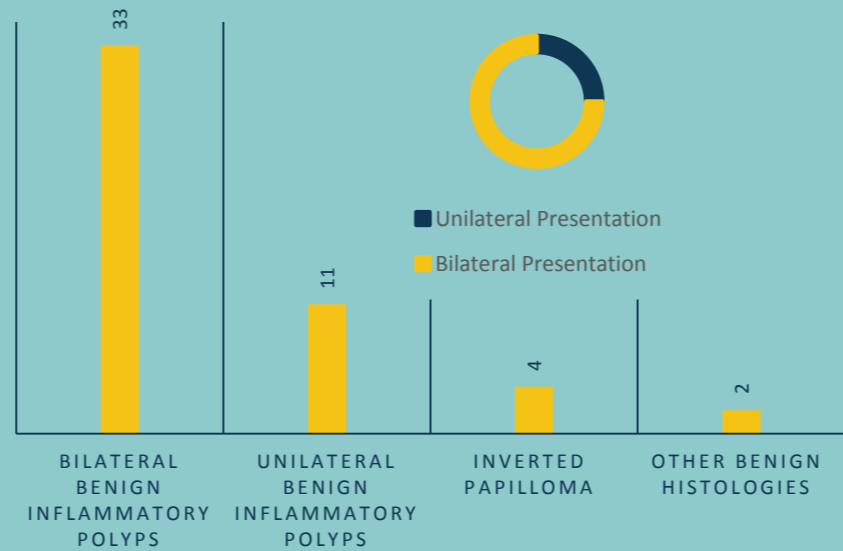
## Aims

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<sup>[5]</sup>, and cannot refute its benefit for some bilateral cases. However, there is no overarching guideline<sup>[1]</sup>.  
 Our centre routinely sends all samples for pathological analysis.  
 Our incidence of inverted papilloma is comparable to the literature, suggesting a representative sample<sup>[2,3]</sup>.  
 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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