

2nd International Conference on

HIV/AIDS, STDs, & STIs

October 27-29, 2014 Embassy Suites Las Vegas, USA

Histologic pattern of lymph node biopsies in a tertiary hospital in South Eastern Nigeria

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Background: In patients presenting with lymphadenopathy, evaluation of the biopsy specimen of accessible lymph nodes provides specific information to establish an early diagnosis which is important in the management of these patients.

Method: The study is a four-year (2010-2013) retrospective audit of all histologically diagnosed lymph node biopsies of 141 cases received at the Federal Medical Centre Owerri, Eastern Nigeria.

Results: Nearly one third 46 (32.6%) of the 141 patients had reactive hyperplasia. Tuberculous lymphadenopathy 40 (28.3%) and metastasis 27 (19.7%) were other common causes. Non Hodgkins lymphoma was seen in 17 (12%), while Hodgkins lymphoma was seen in 7 (5%). Other cases seen were onchocerciasis 3 (2.1%) and Rosai-Dorfman's disease 1 (0.7%). Acid-fast bacilli was demonstrated in 12/40 (30%) of Tuberculous adenitis. All the patients with TB were screened for HIV and 14/40 (35%) of them were HIV positive. Six patients had generalized lymphadenopathy and 4/6 (66.6%) of them were HIV positive.

Conclusion: The differential diagnoses of lymphadenopathy are many. Tuberculosis and reactive hyperplasia have remained the predominant causes in our environment; followed by malignancy and lymphoma. Accurate diagnosis and early intervention is the key to good treatment outcome. Definitive histological classification using modern techniques like immunohistochemistry and cytogenetics should be made available in our tertiary hospitals.

Biography

Mbata Godwin Chukwuemeka is a consultant Physician/Pulmonologist in the Department of Medicine at the Federal Medical Centre Owerri, Nigeria. He obtained MBChB in 1995 and part two fellowship of the West African College of Physicians in 2010. He has made sixteen publications in National and International Journals. He is currently the head of Department of Medicine at the Federal Medical Centre Owerri. His keen interest is on Pneumonias and Tuberculosis especially in people living with HIV/AIDS. He is a member of NMA, MDCAN and Fellow of the West African College of Physicians.

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