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Fine needle aspiration cytology in head and neck lesions: A tertiary hospital based experience in Eastern Nepal

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Fine Needle Aspiration Cytology (FNAC), a simple and rapid diagnostic technique being considered as a valuable diagnostic aid because of the early availability of results, simplicity, easy accessibility, minimal trauma and absence of complications.

Aims and Objectives: Study the cytological spectrum and systemic analysis of the head and neck lesions and correlate with histopathologic diagnosis. And evaluate the sensitivity, specificity & diagnostic accuracy of the FNAC. The hospital-based Cross-Sectional study was conducted in the Department of Pathology at BPKIHS, Dharan. Our study included 404 cases with a female: male ratio 1.6:1. Overall benign lesion (38.6%) outnumbered the malignant lesion (21.3%). Female presented with thyroid lesion (43.1%) commonest likewise lymph node (52.5%) in the male. Altogether 69 cases were diagnosed malignant and 17 were suspicious for malignancy however only 29 could be correlated histopathologically. EIC as benign and Squamous Cell Carcinoma as malignant lesion are the most frequent in Cutaneous and soft tissue. Likewise, Colloid Nodule, Papillary carcinoma and lymphocytic thyroiditis in an inflammatory lesion of the thyroid. Pleomorphic adenoma, Mucoepidermoid carcinoma, and chronic sialadenitis observed most in the salivary gland. Reactive and granulomatous lymphadenitis were the commonest in lymph node and the Malignant lesion was observed comprising of Metastatic Carcinoma and hematolymphoid which was the commonest site for malignancy. The overall sensitivity, specificity, and diagnostic accuracy was 96.5%, 98.4%, and 97.8% respectively. FNAC in our experience proved effective, efficient, prompt diagnosis and minimally invasive procedure hence recommended as the first line investigation in case of any head and neck lump/mass/lesion.

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