

Annual Meeting on
ASIA PACIFIC ONCOLOGISTS, HOSPICE AND PALLIATIVE CARE
May 13-14, 2019 Singapore

A case report of neuroendocrine tumors presenting as rectal polyp

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Introduction: Rectal Neuroendocrine Tumors (NETs) are hindgut carcinoid tumors that originated from the neuroendocrine system of the gastrointestinal tract. This report presents a case of an adult Filipino with recurrent episodes of hematochezia.

Case Presentation: A 33 year old Filipino presented with recurrent hematochezia. On the recent hospital admission, lower endoscopy was employed which revealed a small sessile rectal polyp. Endoscopic polypectomy was done. Histopathologic study revealed findings suggestive of a neuroendocrine tumor. Diagnosis was confirmed using immunohistochemistry study which was consistent with a neuroendocrine lesion with positive expression of synaptophysin antibody marker and weakly reactive chromogranin antibody marker.

Conclusion: Rectal NETs are benign tumor of the gastrointestinal tract. Most patients are asymptomatic and diagnosis is mainly done during endoscopic examination. Immunohistochemistry study is needed for confirmation of diagnosis. Treatment modalities are mainly based on the tumor grade and stage. Endoscopic resection is usually done for low grade tumors whereas surgical intervention such as anterior resection or abdominoperineal extirpation and medical therapy using Interferon-alfa and platinum based chemotherapy are recommended for high grade tumors.

Biography

Aldrin John S Almario has completed his Medical degree in the year 2015 from the University of the East, Ramon Magsaysay Memorial Medical Center. He is currently a Level III Internal Medicine Resident at the Bulacan Medical Center.

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