



Impact of Colonoscopy in Patients Older than 75 Years



PRESENTING QUESTION

Are there differences in survival times for patients under 75 compared to patients over 75 who undergo colonoscopy?

Is the proportion of patients with pathologic findings higher in patients over 75 years?



INDEPENDENT VARIABLE

Patients who underwent colonoscopy who are over the age of 75 years.



COMPARATOR

Patients who underwent colonoscopy who are under 75 years of age.

OUTCOMES

- The difference in any pathological findings between the two groups was not statically significant ($p = 0.650$).
- There was a higher proportion of high grade lesions in older patients, although the difference was statistically not significant ($p = 0.161$ a trend).
- Survival time was significantly higher in the young age group with a mean survival time of 131.1 ± 3.7 months (10.9 years) compared to 106.9 ± 3.5 months (8.9 years) in the old age group ($p = 0.009$).



TIMEFRAME

Retrospective chart review on records from 2008 to 2012



SYNOPSIS

- Retrospective chart reviews of patients who were 75 years or older and underwent colonoscopy for screening, diagnostic or surveillance purposes, as well as of those patients who were between age of 50 and 74 years with similar procedure indications were performed.
- 108 patients were younger than 75-years-old and 105 patients were older or equal to 75-years-old.
- Exclusion criteria include known GI malignancy, life expectancy less than 5 years and age less than 50 years.
- A comorbidity index or modified Charlson Deyo Score was used in data analysis to estimate overall risk of patients based on their comorbidities. The National Comprehensive Cancer Database dictionary was used as a reference for the Charlson Deyo score. A zero score for patients with zero risk factors. A score of 1 for patients who have one comorbidity and a score of 2 for patients with more than one comorbidities.
- Pathological findings were collected and divided into high grade lesion (HGL) and low grade lesions.
- Survival time was calculated based on the time since colonoscopy was done until date of death or last contact or follow up



KEY TAKEAWAY

- Among those patients who underwent screening colonoscopy, 8 of the 44 older patients (18%) had high grade lesions compared to 4 of the 48 younger patients (8.3%), indicating a higher proportion of high grade lesions in older patients.
- The study showed that there is a trend toward higher proportion of high grade lesions in patients who had screening colonoscopy as well as the overall mean survival time was also more than 8 years for patients over 75.
- This should be taken into consideration while discussing screening colonoscopy in the older population who are otherwise healthy and have not had screening done in the past.

