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# Adenoma Positivity Rate in a Young Urban Patient Population Undergoing Colonoscopy

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## Introduction

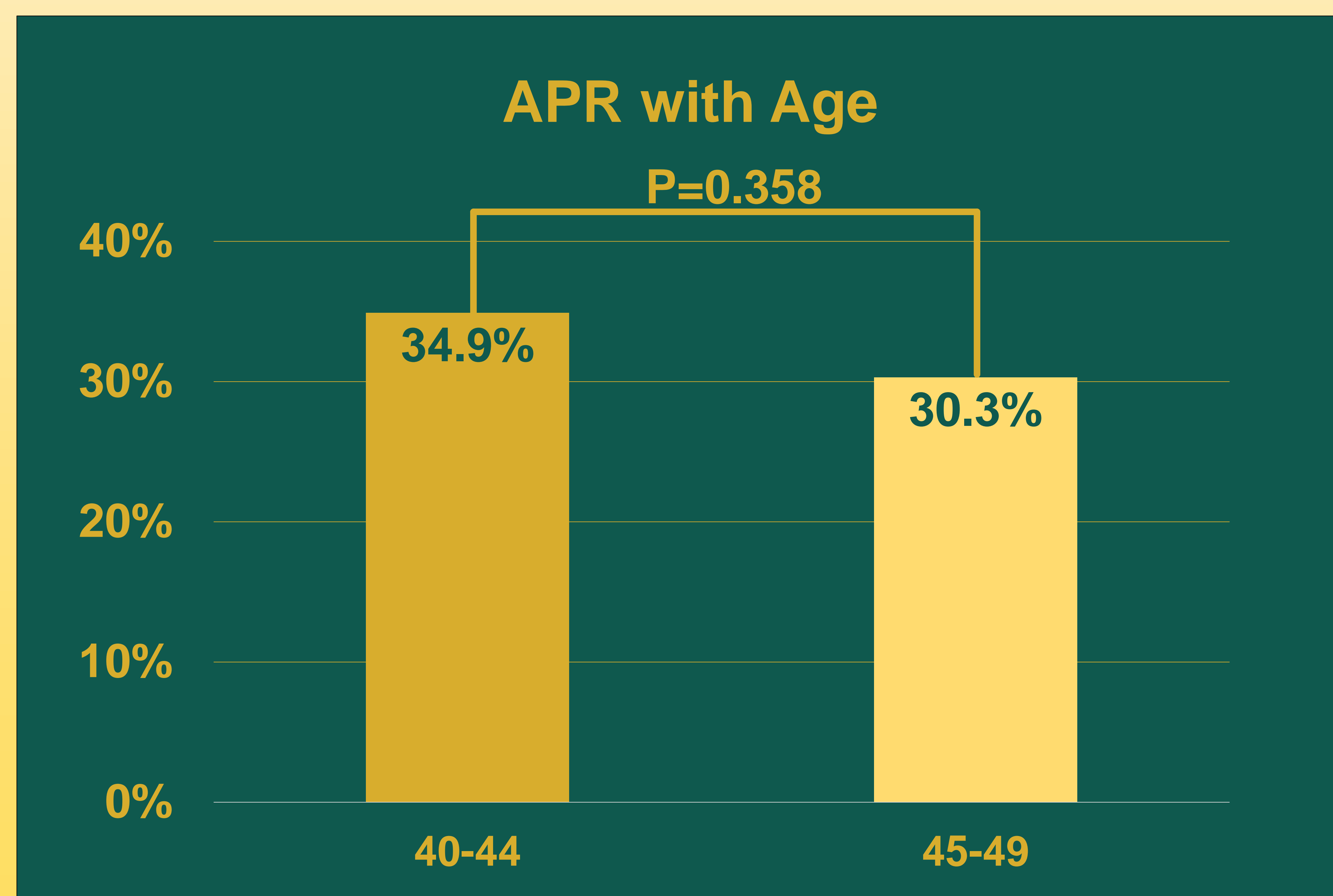
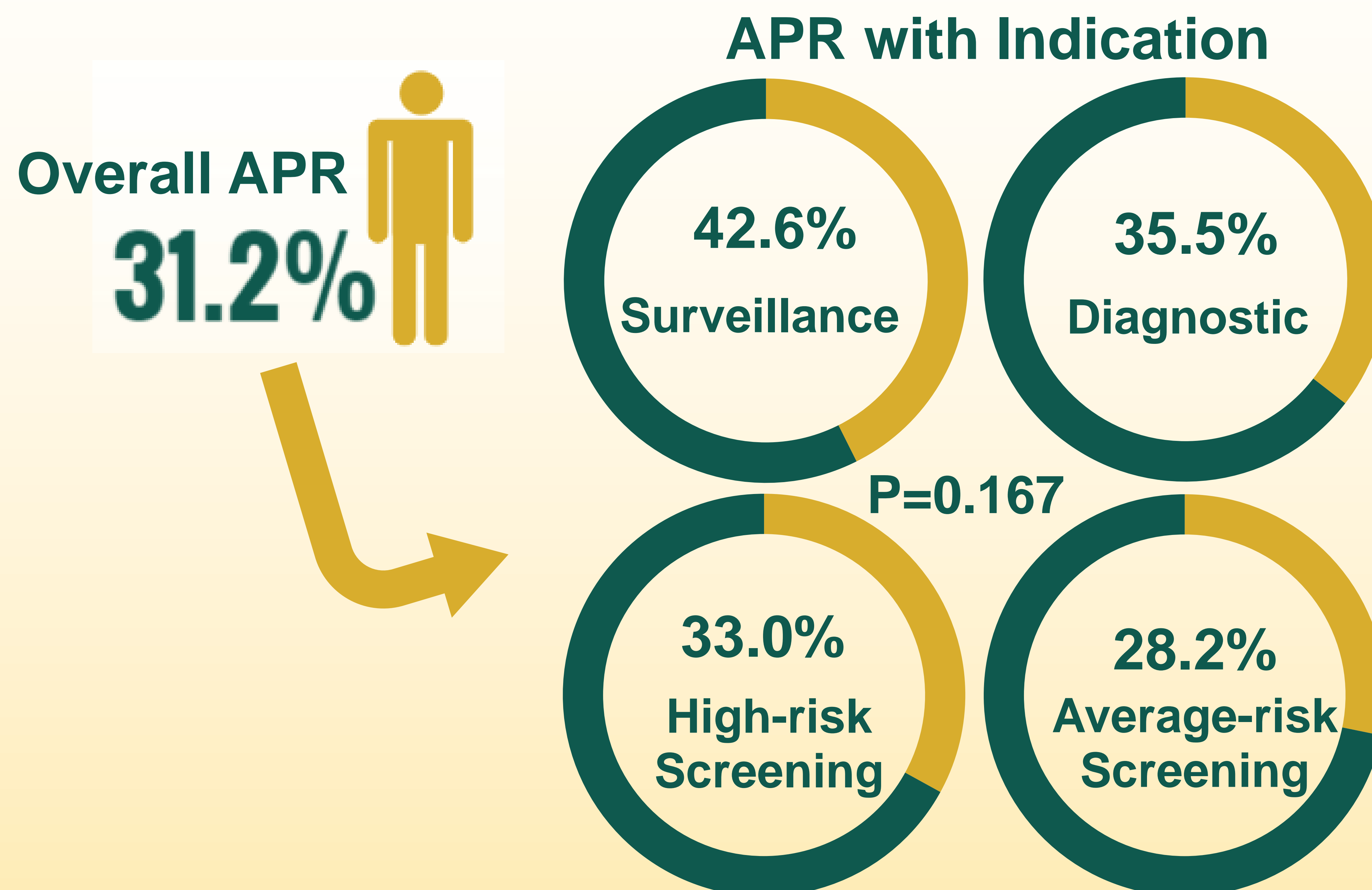
- There is a rise in colorectal cancer in younger patients <45 years of age.
- Limited data on prevalence of colorectal neoplasia in this population.
- Our objective was to evaluate the Adenoma Positivity Rate (APR) for patients 40-49 years-old undergoing colonoscopy, irrespective of indication.

## Methods

- Retrospective endoscopy database review for all patients ages 40-49 who underwent colonoscopy at our institution between 2018 and 2021.
- Colonoscopies were excluded:
  - Inadequate bowel preparation
  - Pathology revealed adenocarcinoma

## Results

- A total of 621 colonoscopies were performed; 571 met inclusion criteria.
- Overall APR was 31.2%, with no statistically significant difference between patients ages 40-44 and 45-49 years (34.9% and 30.3%,  $p=0.358$ ).

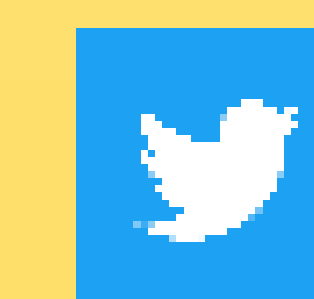


## Results

- Indication for colonoscopy showed numeric differences that were not statistically significant, with the highest APR found in patients undergoing surveillance colonoscopy for a history of colon polyps compared to average-risk screening (42.6% vs 28.2%,  $p=0.167$ ).

## Conclusion

- Our analysis of a relatively young population undergoing colonoscopy in an urban setting revealed an APR above 30% with no difference among patients 40-44 and 45-49 years.
- Results are skewed due to a quarter of the patients undergoing high-risk or surveillance colonoscopy.
- Further research can help identify whether this similar adenoma burden translates to higher CRC rates for younger patients.



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