



# Impact of Younger Age Inclusion on Adenoma Detection Rate in an African American Predominant Screening Population

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## Introduction

- Recent US-MSTF guidelines lowered age for CRC screening to 45 years.
- Current benchmark for Adenoma Detection Rate (ADR) for screening colonoscopy in men and women ≥ 50 years are 30% and 20%, respectively.
- It is unclear if the ADR will need to be lowered to accommodate for a younger patient population with a presumably lower adenoma burden.
- Our objective was to evaluate the ADR in a largely African American (AA) population comparing 45-49-year-old men and women to those 50 and older.

## Methods

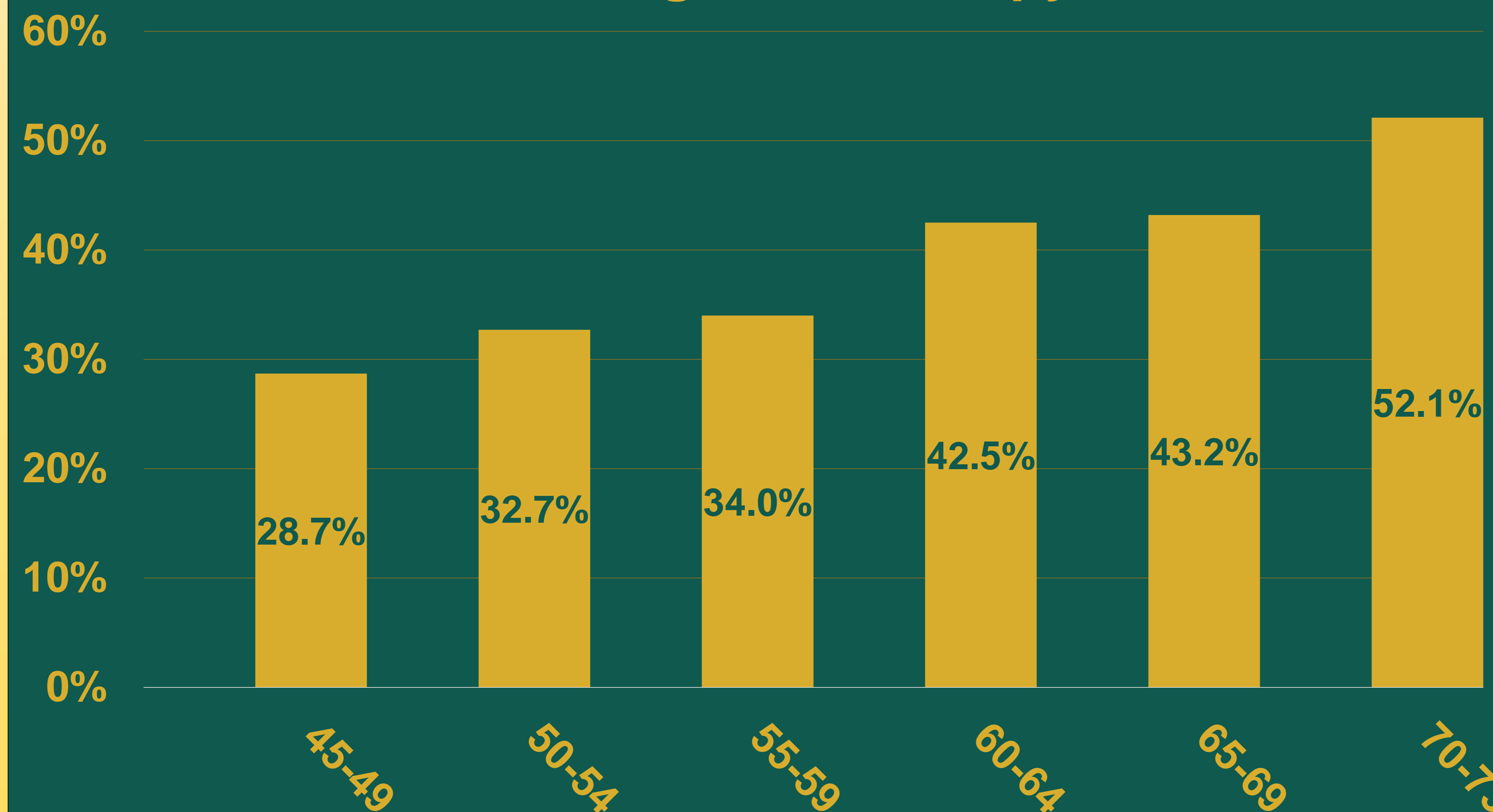
- Retrospective endoscopy database review for all patients ages 45-73 who underwent average-risk screening colonoscopy at our institution.
- Colonoscopies were excluded:
  - Cecum was not reached
  - Inadequate bowel preparation
  - High-risk screening or surveillance

## Results

### Patient characteristics in patients with or without adenomas (N=1152)

	Adenoma: N (%)	No Adenoma: N (%)	P-value
<b>Gender (%)</b>			
Female (54.3)	190 (30.4)	436 (69.6)	<b>&lt;0.001</b>
Male (45.7)	218 (41.4)	308 (58.6)	
<b>Race (%)</b>			
AA (82.6)	335 (35.2)	617 (64.8)	<b>0.822</b>
Non-AA (13.9)	57 (35.6)	103 (64.4)	
Unknown (3.5)	16 (40.0)	24 (60.0)	
<b>Age (%)</b>			
<50 (30.3)	100 (28.7)	249 (71.3)	<b>0.002</b>
≥50 (69.7)	308 (38.4)	495 (61.6)	

### ADR In Screening Colonoscopy Patients

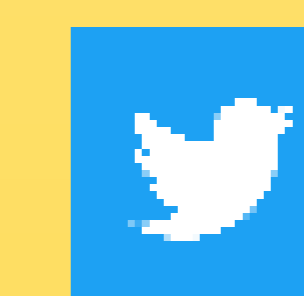


## Results

- A total of 1267 average-risk colonoscopies were performed; 1152 met inclusion criteria.
- Overall ADR was 35.4% with a statistically significant difference between patients ≥50 years and <50 years (38.4% vs 28.7%, p=0.002)
- ADR for males was higher than females (41.4% vs 30.4%, p<0.001)

## Conclusion

- In our predominantly African American patients undergoing average-risk screening colonoscopy, we found an increase in ADR with age.
- ADR thresholds recommended by the GI societies were still attainable after including patients 45-49 years of age with a lower adenoma burden.
- Endoscopists with a large young patient panel should expect a lower ADR but should not expect a drop in the ADR below the 25% benchmark.



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