

Lessons from a prospective study on the prevalence of risk factors for urothelial cancer

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Introduction

Clinicians are expected to identify and address the risk factors for any malignancy that we come across. We aimed to look into the contemporary prevalence of any risk factors in patients presenting with haematuria & in patients diagnosed with bladder cancer

Methods

Questionnaire was prepared with all risk factors for urothelial cancer. All patients presenting to our haematuria clinic between January to October 2018, prospectively filled in the form. Grade and stage of bladder cancer was documented. The data was then analysed to look for association with various risk factors.

Results

Between Jan to Oct 2018, 583 patients were evaluated in our HCs. Mean age was 64.8 years (range 18-99). The male to female ratio was 1.87:1. 37.2% were ex-smoker, 42.5% never smoked, and 15.5% were tobacco smokers. 7.5% had BMI 35-40, 25.2% were obese (BMI 30-35), and 35% were overweight (BMI 25-30). Occupational exposure to potential carcinogens was noticed in 21.2%.

50 were diagnosed to have bladder cancer which is 8.6% of patients presenting with haematuria. 42% of patients with bladder cancer had a positive family history of cancer. 54% of these patients were ex-smokers with a median exposure of 20 years and 22% were current smokers. 18% had occupational exposure with 24% having worked in a high risk industry.

Conclusion

We found that the smoking rates were similar in patients presenting with haematuria compared to general population. A family history of any cancer seems to be significant predictor as demonstrated by our data. This data gives insight into this new paradigm which is not reported earlier. Focus needs to be shifted to other risk factors like occupational exposure and genetic links. Further studies are underway to study the relationship of these factors to urological malignancies

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