

Cutaneous Malignant Tumors: Clinico-Pathological Study in Bahrain

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Introduction

Cutaneous malignancies are on the rise worldwide. They include basal cell carcinomas (BCC), squamous cell carcinomas (SCC) and Malignant Melanoma (MM). Advance age and exposure to ultraviolet (UV) rays are among the most important risk factors associated with skin malignancies, although various other factors are also implicated.

Aim of the Study

There are many studies regarding skin cancer worldwide, however there is a paucity of published data from Bahrain. Hence, this study was taken up to:

- Evaluate the clinicopathological parameters of cutaneous malignancies in Bahrain.
- Study clinical spectrum with age and sex distribution of cutaneous malignancies in Bahrain.
- Study pathological variants of each type of these malignancies, describe their pathological stage and predict the prognosis.
- Study the most common presenting symptoms of skin cancer in Bahrain.

Patients and Methods

It is a retrospective analysis of biopsy proven cases of cutaneous malignancies at Salmaniya Medical Complex in the period between January 1, 2016 to January 31, 2021. Medical records of patients were retrieved from ISEHA system. Statistical analysis was done using Microsoft Excel 2019

Tumor	Malignant	No.(%)
Keratinocytic	BCC	43(71%)
	SCC	8(13%)
Melanocytic	MM	10(16%)
Total		61(100%)

Table 1. Distribution of different types of malignant skin tumors in the study.

Age (years)	No. of Malignancy(%)
21-30	2(3%)
31-40	4(7%)
41-50	8(13%)
51-60	13(21%)
61-70	17(28%)
71-80	9(15%)
81-90	8(13%)
Total	61(100%)

Table 2. Number of malignant skin tumors distribution according to age groups skin tumors in the study.

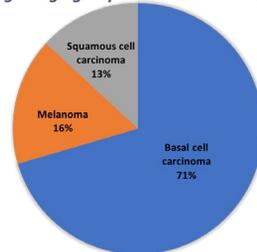


Figure 1. Percentage of malignant skin tumors in the study according to histological types of malignancy.

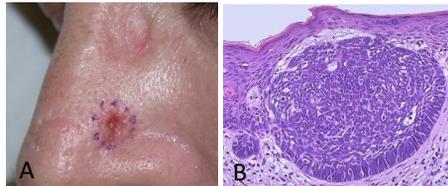


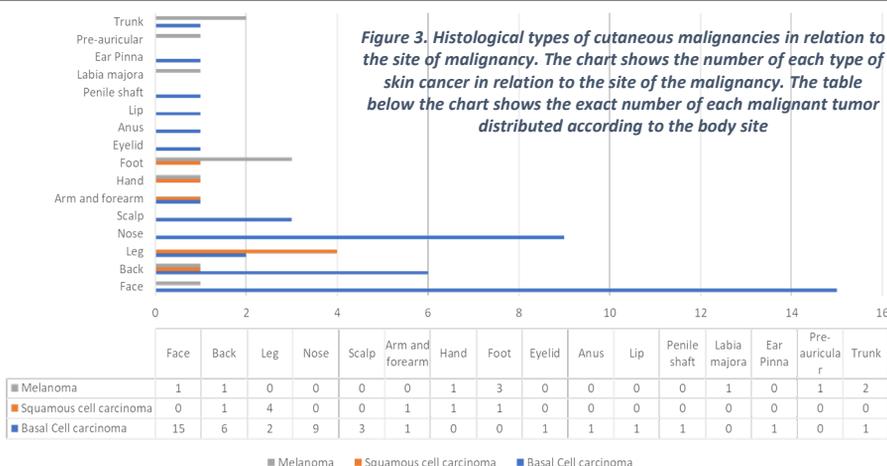
Figure 2. Basal cell carcinoma, The most common skin malignancy. A. Most common clinical presentation of BCC is ulcer. B. Histological features of BCC.

Results

61 patients with biopsy proven cutaneous malignancies were recruited.

- There was Bahraini nationality (89%) and male preponderance (69%).
- The most common age group affected was 60–70 years with the mean age of 62.26 year.

Figure 3. Histological types of cutaneous malignancies in relation to the site of malignancy. The chart shows the number of each type of skin cancer in relation to the site of the malignancy. The table below the chart shows the exact number of each malignant tumor distributed according to the body site



Results (Cont)

- BCC was the most common malignancy diagnosed (71%) followed by malignant melanoma (16%) and squamous cell carcinoma (13%).
- Face was the most common site involved (36%).
- The majority of tumors had a T1 pathological TNM staging (49%). T4 stage tumors were the malignant melanoma cases (12%).

Discussion

- According to a previous published study a decade ago, Skin cancer in Bahrain accounted for 6.7% of all malignancies among Bahraini Arabs with 70.2% of the patients above the age of 60 years.
- Referring to the latest WHO data published in 2018 Skin Cancers Deaths in Bahrain reached 5 or 0.20% of total deaths.
- The age adjusted Death Rate is 0.61 per 100,000 of population ranks Bahrain #162 in the world.
- The Incidence of skin cancer in Bahrain comprises from Basal cell carcinoma (BCC), Squamous cell carcinoma and less frequently malignant melanoma.
- Basal cell carcinoma (BCC), considered the most common human cancer worldwide. However, the mortality from it is negligible.
- Melanoma is the most aggressive form of skin cancers and usually presents with an advanced stage.

Conclusion

Malignant skin neoplasms in Bahrain has male preponderance. The most common clinical presentation of these tumors is a pigmented lesion. Basal cell carcinoma is the most common type. Face and nose are the most common sites involved. Majority of skin cancers in the study are of low pathological stage except malignant melanoma patients who presented with an advanced stage.