

Orbito-Ocular Tumors at the Benue State University Teaching Hospital Makurdi, Nigeria

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Introduction: Orbito-ocular tumours are tumours arising from the orbit and its content, and are important causes of morbidity and mortality.¹ The most common intraocular malignancy globally is choroidal melanoma in adults, and retinoblastoma in children.^{2,3} Orbito-ocular pathologies can cause cosmetic blemish, lead to compromise of vision and even cause death if not treated early. This is a study on the pattern of orbito-ocular tumours seen in the Benue State University Teaching Hospital. The aim of the study is to highlight the different orbito-ocular tumors and consider other demographics of such, as seen in the Benue State University Teaching Hospital, Makurdi.

Methods: The ethical committee of the hospital gave approval for the study. It is a retrospective hospital based study. All case folders of patients that had surgery for an orbito-ocular tumour in Benue State University Teaching Hospital between 2014 and 2016 were retrieved and those with a histological diagnosis were analyzed.

Results: There were 7 male (46.7%) and 8 female (53.3%) cases, with a male to female ratio of 1:1.1. One of the 15 cases (16 eyes) had bilateral retinoblastoma. There were 4 eyes with retinoblastoma (25% of eyes), 3 with squamous cell carcinoma (18.8% of eyes), and 2 cases of orbital rhabdomyosarcoma (12.5%). The rest of the tumours were 1 each (6.25%).

Ocular surface squamous neoplasia was found in 5 eyes of 5 patients (31%). Of these, 4 (80%) were HIV positive.

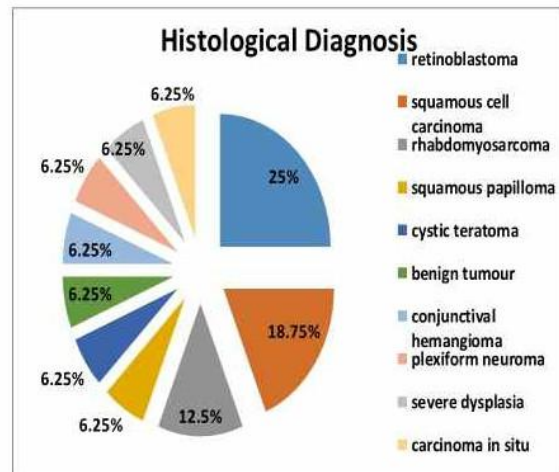


Fig. 1: Histological diagnosis of orbito-ocular tumors

Discussion: Orbito-ocular tumours are tumours of the bony orbital contents, adnexae and structures of the eyeball and may be benign or malignant. They have been found to affect all age groups and both sexes. Retinoblastoma was the most common tumour in our study. This agrees with many other studies where retinoblastoma is said to be the most common orbito-ocular tumour, especially in children.^{1,4,5,6,7,8,9,10,11}

The second leading cause of orbito-ocular tumour in our study was conjunctival squamous cell carcinoma (18.75%). This is in keeping with other studies carried out in Nigeria.^{1,4,10,11} Ocular surface squamous neoplasia (OSSN), was found in 31% of cases. An increase in the incidence of OSSN, since the HIV pandemic, has suggested that HIV infection increases the risk for OSSN. In Africa, OSSN has been recognised to be strongly associated with HIV.^{12,13,14} In our study, 4 of the 5 eyes (80%) with OSSN, were HIV positive.

No choroidal melanomas were found in our study. This is not in keeping with studies in other parts of the world.^{2,3} It however reflects what was found in various studies in Nigeria.^{5,8,11}

In our study 43.6% of eyes had very poor visual acuities. This may be due to late presentation to hospital by many of the patients.

Conclusion: Orbito-ocular tumours affect all age groups and can have grave consequences on vision and life of the patient if not managed promptly. In our study, Retinoblastoma was found to be the most common orbito-ocular tumour. It was found most commonly in children who presented late to hospital.

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