Pre-operative Predictive Factors for Gallbladder Cholesterol Polyps using Clinical Features

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연구목적: This study was designed to determine the clinical data that might be useful for differentiating cholesterol gallbladder polyps from other benign or malignant gallbladder polyps by comparing clinical, laboratory parameters and radiologic findings with postoperative pathology findings.

재료 및 방법: Thirty-nine patients underwent laparoscopic cholecystectomy for a GB polyp without any combined cholecystitis during 2009 in Korea University Anam Hospital. They were divided into two groups, one with cholesterol polyps and the other with non-cholesterol polyps according to the pathologic diagnosis. Clinical features such as gender, age, BMI, size and number of polyps, the presence of a GB stone, the radiological measured maximum diameter and number of the polyp by US and CT scanning, and the serum total cholesterol, triglyceride, HDL and LDL levels were recorded for comparative analysis.

결과: Thirty of the thirty-nine cases were cholesterol polyps (76.9%) whereas other nine cases were adenomas (23.1%). The cholesterol polyp group had smaller size (less than 5mm), more multiple in nature (more than 3) and had higher BMI (above 25) with higher level of total cholesterol, triglyceride and LDL compared with non-cholesterol group. And above clinical features showed statistically significant differences in two groups (p<0.05).

결론: In our study when if the GB polyp showed small size with multiplicity and if the patient is obese with high level of cholesterol, yearly follow-up is advisable because the GB polyp has higher chance of being cholesterol polyp.