The Clinical Significance and Etiology of Nodular Proctitis

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Background/Aims: Nodular proctitis (NP) is an uncommon inflammatory condition confined to the rectal mucosa. The aim of this study was to identify disease specific clinical, endoscopic, and histopathological findings, to aid the effective differential diagnosis of NP in the general population.

Methods: This was a retrospective analysis of patients from our database who undergo colonoscopy and sigmoidoscopy by two expert endoscopists at Konkuk university hospital from May 2009 to July 2010. Diagnosis of NP was only based on endoscopic finding that is a striking finely granular pattern without erosions or ulcerations on the rectal mucosa. And then the clinical features, endoscopic findings and pathologic findings of 12 patients with NP were reviewed.

Results: One thousand thirty nine patients underwent colonoscopy or sigmoidoscopy for 14 months. One hundred and three cases were excluded due to previous large bowel surgery, pancolitis, and a prior history of inflammatory bowel disease. Twenty patients (0.72%) were diagnosed as NP among the 1636 examinations. A retrospective review of NP showed the commonest cause is Chlamydia trachomatis infection (7 patients, 0.43%). This was followed by taking lipid lowering agent in 0.12% (2 patients), unknown etiology in 0.12% (2 patients), and allergic disorder in 0.06% (1 patient). Chlamydia proctitis is the most common cause of the NP in general population, Chlamydia proctitis is significantly related with pelvic inflammatory disease (PID) and/or Fitz-Hugh Curtis (FHC) syndrome. Six of 7 patients with chlamydia proctitis were successfully treated by oral azithromycin. Two patients with non-chlamydia proctitis taking lipid lowering agent were healed after switching to other lipid lowering agent.

Conclusion: NP is a rare disorder in non-homosexual person. Chlamydia infection is the most common cause of NP, especially in women of childbearing age who have PID and/or FHC syndrome.

Key Words: Follicular, Proctitis, Chlamydia trachomatis