

Histopathological Characteristics of Mediastinal Tumors through 11 Years

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Background: Mediastinal masses are rare. However, masses that grow in the confined space of the mediastinum can be life-threatening because they involve many important structures.

Objective: To evaluate the epidemiological and histopathological characteristics of mediastinal masses over 11 years.

Design: A Retrospective Observational Study.

Setting: Cardiac Center, Bahrain Defence Force – Royal Medical Services Hospital (BDF-RMS), Bahrain.

Method: All patients who underwent surgical resection of a mediastinal mass from January 2007 to December 2017 were included in the study. Patients' personal characteristics and histopathological data were analyzed.

Result: Fifty-five patients underwent surgical resection of a mediastinal mass through 11 years; 38 (69.1%) were in the anterior mediastinum, 9 (16.4%) were in the middle mediastinum and 8 (14.5%) were in the posterior mediastinum. Thirty-one (56.4%) were males and 24 (43.6%) were females; the mean age was 46.6 years. Nineteen (34.5%) were non-neoplastic lesions and 36 (65.5%) were neoplastic lesions. Ten (18.2%) tumors were benign while 26 (47.3%) were malignant; 13 (23.6%) were primary and 13 (23.6%) were metastatic.

Conclusion: In this study, the majority of the mediastinal masses occurred in the anterior mediastinum. Complete resection of these masses can be curative in most cases.