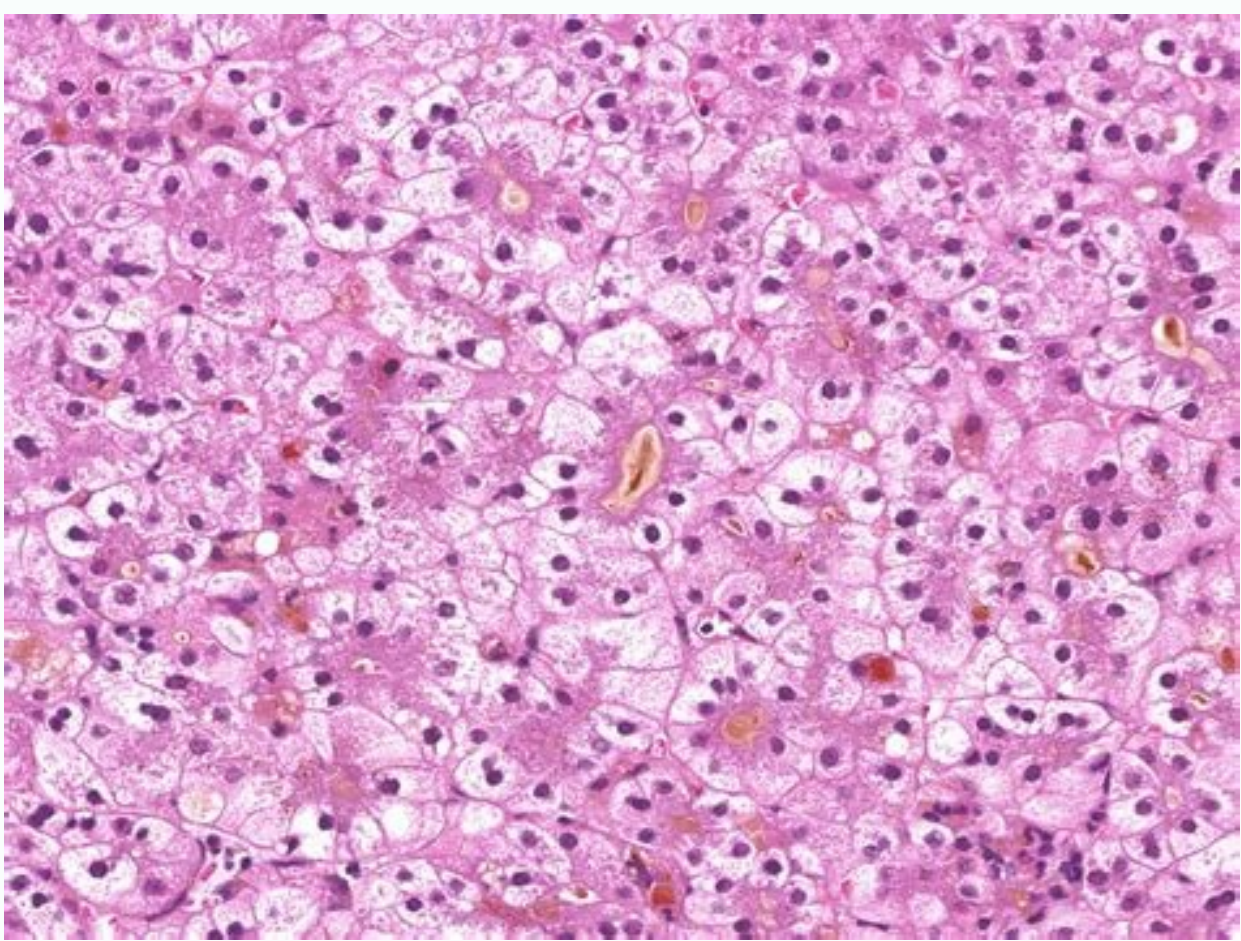
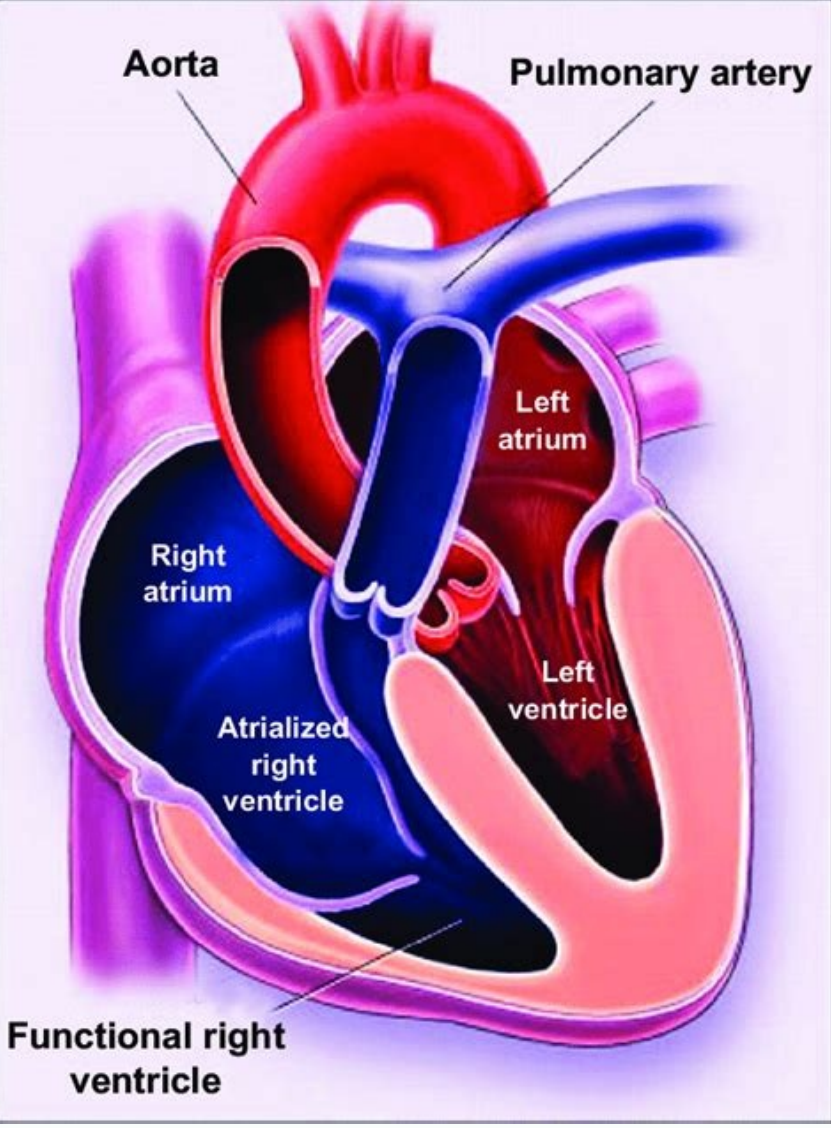


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View PDFVolume 82, May 2021, 105881 rights and content Figure 4. Histopathology images (a) Proximal margin showing normal ganglion cells (arrow) (b) Narrowed segment showing hypertrophied nerve bundles without ganglion cells (arrow head) (c) Distal margin showing normal ganglion cells (arrow). Discussion Hirschsprung disease affects approximately 1 in 5,000 live births and usually presents during infancy. Only a small number remain undetected after the age of five. It is rare for the disease to manifest in adult life. The first well-documented case of adult Hirschsprung disease was described in 1950 by Rosin et al in a 54-year-old physician.³ Thereafter, there were occasional case reports of such cases in the literature. In a fifty-year literature review by Masayuk et al,⁴ the mean age at diagnosis was 24.1 years, with a range of 10–73 years, and half of the 229 cases being reported were under 30 years of age. The primary pathogenetic defect of Hirschsprung disease is the absence of ganglionic cells in the submucosal and myenteric nerve plexus. Studies suggest that this is due to failure of migration of the ganglion cell precursors from the neural crest into the hindgut, which normally occurs in a cranial to caudal direction during fifth to twelfth week of gestation.¹ The aganglionic segment of bowel remains narrowed as smooth muscle fails to relax, while the proximal segment becomes dilated. In between, most often, there will be a transition zone with sparse ganglionic cells. The disease usually begins at the anus and extends to a variable length proximally in a continuous fashion. Depending on the extent of aganglionic segment, the disease can be of classic, short segment, ultra-short segment, and total colonic forms. Apart from these typical variants of Hirschsprung disease, few cases of atypical variants have been reported in infants, which include zonal colonic aganglionosis and skip segment Hirschsprung disease. Skip segment Hirschsprung disease consists of a skip area of normally ganglionated intestine surrounded proximally and distally by aganglionosis. While the first case was reported in 1954, 24 cases of skip segment Hirschsprung disease have been reported in the literature between 1954 and 2009.⁵ Zonal colonic aganglionosis is characterized by absence of ganglion cells in a segment of colon with presence of ganglion cells both proximal and distal to this aganglionic segment. Tiffin et al reported the first case of zonal aganglionosis in 1940.⁶ In a case report of segmental aganglionosis by Moriya et al⁷ in 1996, it was mentioned that only 15 cases of zonal aganglionosis have been reported, and among them, only two were adults. CG Fu et al⁸ reported a case of zonal adult Hirschsprung disease in 1996 from university of Tokyo. Another case of zonal adult Hirschsprung disease was reported by Yeon Soo Kim et al in the year 2006.⁹ In a case report by Radu NB et al¹⁰ in 2015, it was mentioned that only 28 cases of zonal aganglionosis were reported in the literature. The extreme rarity of this disease in adults makes it very difficult to diagnose preoperatively. Barium contrast study, rectal biopsy, lower GI endoscopy, and anal manometry are helpful in diagnosing these atypical variants. The treatment options for Hirschsprung disease in adults are similar to that in infancy. Duhamel pull through procedure is the surgery of choice.^{4,11} In cases of skip segmental Hirschsprung disease, it is advisable to take biopsies from multiple sites of proximal normal appearing bowel. Zonal colonic aganglionosis can be managed by segmental resection of the involved segment with primary anastomosis; however, it is important to take biopsies from the rectum to avoid persistence of distal unidentified aganglionic segments, in case of double zonal colonic aganglionosis with a skip segment in between. In this case, left hemicolectomy with primary colorectal anastomosis was done with good short-term outcome. The patient needs long-term follow-up for early diagnosis of recurrent obstruction or persistence of the disease. Conclusion Hirschsprung disease should be considered a differential diagnosis in young adults with chronic constipation. The zonal aganglionosis is an atypical presentation of the disease and is extremely rare in the adult population. Thorough evaluation of such patients is necessary, as atypical variants of the disease can be missed on rectal biopsies. Lessons Learned Thorough evaluation of young adults with chronic constipation is necessary, as atypical variants can be missed on rectal biopsies. Appropriate surgery can relieve such patients from chronic constipation and prevents major complications. 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Kor J Neurogastroenterol Motil. 2006;12(2):170-76 Radu NB, Laura B, Andrea AM et al. Segmental aganglionosis in Hirschsprung disease in newborns: a case report. Rom J Morphol Embryol. 2015;56(2):533-36 Vorobyov GI, Achkovas SI, Biryukov OM. Clinical features, diagnostics and treatment of Hirschsprung disease in adults. Colorectal Dis. 2010 Dec;12(12):1242-48 Adult Hirschsprung's disease (HD) is a relatively rare type of disease (1, 2). Since first report by Professor Hirschsprung in 1886, the treatment of adult HD has been explored for more than 200 years (3). However, due to the lack of understanding of its pathogenesis, many patients are misdiagnosed as constipation with attempted treatment with laxatives, irrigation, or manual disimpaction (4). With the deepening understanding of the disease, the pathogenesis and classification have been clarified. Among which, the most common one is adult congenital megacolon, followed by adult idiopathic megacolon, and relatively rare ones of ganglion cell deficiency (type I and II), toxic megacolon, and iatrogenic megacolon (5). As one of the earliest centers to carry out adult HD surgery in China, our department has been studying adult HD since the 1970s and has accumulated experience of the treatment of different types of HD. This study conducted a retrospective analysis of 89 cases of HD admitted and treated in our department. We summarized the clinical characteristics and surgical procedures of different types of adult HD, and discussed the surgical options for adult HD. Materials and Methods Data Collection Eighty-nine patients admitted to the Department of Colorectal Surgery, Changhai Hospital between April 2000 to April 2020 were included in this study. Those included patients were diagnosed with adult HD by CT, barium enema, defecography, rectal suppression reflex, and pathological examination. Using a standardized data collection template, variables including patient demographics, type of HD, and complications were collected. Descriptive analyses were performed, and the results are presented as the mean ± standard deviation (SD). Surgical Technique For patients diagnosed with adult congenital megacolon, the stenosis, transitional and obvious expansion parts were surgically removed, and the expanded and thickened proximal intestine were also resected. Multiple full-thickness frozen biopsies of the diseased rectum were conducted during operation to guide the resection margins. Specifically, the disassociation was conducted along the proper fascia of rectum down to the level of the levator ani muscle, and the mesorectum was isolated at the end of the rectum and the rectum were disconnected using Endo-GIA stapler. The expanded and thickened intestine was removed to the normal intestine at the proximal end, and the proximal end of colon and rectum were anastomosed end-to-end using tubular anastomot. If tension existed at the anastomosis site, the splenic flexure of colon would be freed. Moreover, preventive terminal ileostomy can be conducted if the anastomosis was at a low position. A negative pressure drainage tube was placed in the anterior sacrum and will be removed 1 week after the operation. The stoma will be returned 3–6 months postoperatively after evaluating the conditions of patients. For patients diagnosed with adult idiopathic megacolon, Hirschsprung's colon resection can be conducted. Specifically, this procedure involved subtotal colon resection with ileal rectal anastomosis or ascending colorectal anastomosis. For patients admitted with emergency intestinal obstruction, conservative treatment or selective surgery after colonoscopic decompression was conducted. If conservative treatment was ineffective, emergency stoma surgery will be performed. With adequate preoperative preparation, the second-stage surgical treatment can be conducted, which was subtotal colon resection with ileorectal anastomosis or ascending colorectal anastomosis, and the stoma was removed at the same time. For patients with ganglion cell deficiency, subtotal colectomy can be chosen, which removes both the dilated proximal intestine and the narrow distal intestine. Since the rectum was less affected in this type of HD, ileorectal anastomosis or ascending colorectal anastomosis can be performed. For toxic megacolon, colectomy can be chosen in mild patients, and subtotal colon resection was performed in severely infected patients. In iatrogenic megacolon, Surgically removing iatrogenically induced stenosis intestine and the proximal part of expanded intestine and anastomosing the proximal colon with the rectum was a choice for those patients. Statistical Analysis Categorical variables were described as frequency and percentage, and continuous variables were expressed as mean ± SD. Patients' demographic and clinical characteristics were compared using the Pearson's chi-squared test for categorical variables, and the student's t-test for continuous variables. The statistical analysis was carried out using the SAS 9.4 software (SAS Institute Inc., Cary, NC, United States). P < 0.05 was considered statistically significant. Results From April 2000 to April 2020, 89 patients diagnosed with adult HD were admitted to the Department Colorectal Surgery of Changhai Hospital and received surgical treatment. 49 males and 40 females aged 16 to 73 were included, with an average of 43.61 years. Informed consent for surgery was obtained and signed by all the patients. Among them, 41 cases were diagnosed with congenital megacolon, 35 cases with adult idiopathic megacolon, two cases with ganglion cell deficiency, three cases with toxic microcolon and eight cases of iatrogenic megacolon. Among them, 48 patients had different degrees of abdominal distension, 33 had abdominal pain. All 89 patients had no history of mental illness, while 14 patients had systemic diseases, of which two patients were diagnosed with diabetes, 11 with hypertension, and one with both hypertension and diabetes. Five patients were diagnosed with organic gastrointestinal disease, which included four cases of diverticula and one case of gastrointestinal tumor. Among all the patients, 14 were admitted to the emergency department due to acute intestinal obstruction. The American Society of Anesthesiologists physical status (ASA-PS) was performed before operation, and 30 cases were evaluated as class I, 50 cases as class II, and 9 cases as class III (Table 1). Table 1. Patient characteristics. Surgical Treatment of Adult Hirschsprung's Disease Congenital Megacolon Among the 41 patients with congenital megacolon, 23 underwent low anterior resection and terminal ileostomy, six underwent pull-out anterior rectal resection and terminal ileostomy, and 12 underwent low anterior rectal resection. Moreover, prophylactic terminal ileostomy was performed in 29 patients due to the low position of anastomosis (Figure 1). Figure 1. (A) CT image of adult congenital megacolon; (B) resected specimen of adult congenital megacolon (red arrow: the stump of the rectum). Adult Idiopathic Megacolon Thirty-five patients were diagnosed with idiopathic megacolon before surgery. Selective surgical treatment was conducted in 24 patients, which was subtotal colon resection with ileal rectal anastomosis or ascending colorectal anastomosis. Eleven cases were admitted to hospital with emergency bowel obstruction, accounting for 31.4% of patients with idiopathic megacolon. Among them, five cases were treated conservatively or selective surgery after colonoscopic decompression. The other six cases were treated by ostomy surgery. The loop colectomy cannot be performed in those six patients due to the ostomy bowel segment was extremely dilated, a transverse colon fenestration colectomy was performed. Unfortunately, various degrees of stoma stenosis occurred after the operation in those patients, only a cotton swab can be passed through the stoma in severe cases. All six patients with stoma underwent second-stage surgery, which was subtotal colon resection with ileorectal anastomosis or ascending colorectal anastomosis, and the stoma was removed at the same time (Figure 2). Figure 2. (A) X-ray image manifestations of adult idiopathic megacolon; (B) CT image of adult idiopathic megacolon; (C) photos after colectomy; (D) 1 week after colectomy; (E) 1 month after colectomy; (F) the intestine specimen after subtotal resection (Red arrow: transverse colectomy). Ganglion Cell Deficiency Since the clinical features of ganglion cell deficiency are indistinguishable from congenital megacolon, two patients were both diagnosed as congenital megacolon before operation. The diagnosis was corrected as ganglion cell deficiency based on the postoperative pathological results. The narrowed segment was mainly located in the descending colon or sigmoid colon. The number of ganglions in the diseased intestinal segment was significantly lower, and the proximal intestinal segment was severely expanded with stenosis intestine-like changes (Figure 3). The surgical method was the same as that of idiopathic megacolon, which was removing both the dilated proximal bowel segment and the narrow distal bowel segment. The rectum was less involved in this type of patients, so an ileorectal anastomosis or ascending colorectal anastomosis was performed. Figure 3. (A) Intraoperative photo of ganglion cell deficiency; (B) specimen of ganglion cell deficiency. Toxic Megacolon The three include patients had severe ulcerative colitis with fever and abdominal distension. CT showed the colon had megacolon-like changes with intestinal wall edema. Exhaust and defecation were not impeded, and mucus or necrotic fragments of intestinal mucosal tissue may appear in feces. One of the patients was accompanied by septic shock. In those cases, the intestinal mucosal barrier was destroyed, and bacterial toxins entered the blood. Thus, serious consequences may occur if the infection cannot be effectively controlled. Two mild cases of the three patients underwent colectomy, and subtotal colectomy were performed in the other severely infected patient because colectomy alone could not effectively alleviate the infection. This patient healed after active treatment. Iatrogenic Megacolon The local colon or a section of intestinal tube of the eight patients was narrow or lack of peristalsis because of various medical reasons, which eventually led to chronic expansion and the formation of megacolon. One of them was caused by anastomotic stenosis after descending colon cancer, who healed after the removal of the narrow anastomosis and the proximal part of megacolon. Another patient underwent colectomy due to chronic constipation, and the stoma was returned 2 years postoperatively. However, the anastomotic stenosis led to the formation of megacolon. He was admitted through emergency admission with obstructive symptoms. The proximal intestinal cavity was found extremely dilated and compressed the diaphragm and mediastinum. Bowel decompression and colectomy was performed because the condition did not improve after colonoscopic decompression (Figures 4A,B). In the other six patients, rectal wall stiffness or scar hyperplasia around the rectum caused by rectal cancer radiotherapy eventually led to chronic expansion of the proximal intestine, and the proximal intestinal segment was severely expanded with stenosis intestine-like changes (Figure 3). The surgical method was the same as that of idiopathic megacolon, which was removing both the dilated proximal bowel segment and the narrow distal bowel segment. The rectum was less involved in this type of patients, so the best choice for them (Figures 4C,D). Figure 4. (A,B) CT image of iatrogenic megacolon caused by colonic anastomotic stenosis; (C,D) CT images of iatrogenic megacolon after radiotherapy for rectal cancer. Postoperative Situation and Perioperative Safety All patients recovered and discharged after the operation, and no death occurred. The median length of stay for all patients was 19.5 days. Complications occurred in 10 cases (11.24%), including postoperative intestinal obstruction (3 cases, 3.37%), severe hypoproteinaemia (3 cases, 3.37%), postoperative anaemia and hypovolemia (2 cases, 2.25%), abdominal effusion (1 case, 1.12%), and incision infection (1 case, 1.12%). Thirty-one patients underwent intraoperative or postoperative blood transfusion due to a large amount of postoperative exudation, anaemia, or insufficient blood volume. One case of anastomotic leakage after operation was cured after conservative treatment (Table 2). Table 2. Surgical method and complications. Short-Term Surgical Results The number of bowel movements in patients who did not undergo an intestinal stoma increased in the early postoperative period, and gradually decreased after drug treatment, which was less than 5 times a day after 3 months. Stoma was returned 3–6 months postoperatively for patients who underwent prophylactic terminal ileostomy and colectomy. The number of bowel movements also increased in the early postoperative period and can be reduced after drug treatment. Differences Among Treatment Modalities Subsequently, we divided the patients into two groups according to the surgical methods, which is 11 patients who underwent fecal diversion (colectomy, etc.) and 78 intestinal continuity restoration (subtotal colectomy, small enterorectal anastomosis, etc.). Then, the clinical and pathological data, and the postoperative efficacy and complications within 30 days were analyzed (Table 3). Categorized by the surgical method, the preoperative gastrointestinal organic lesions (p = 0.026), the duration of obstruction (p = 0.024) and the incidence of postoperative complications (p = 0.031) were significantly higher in the fecal diversion group than that of the intestinal continuity restoration group. Table 3. Differences among treatment methods. Discussion Different types of adult HDs have different causes and varied treatment options. Therefore, the treatment of adult HD requires a definite diagnosis. Among them, adult congenital megacolon and adult idiopathic megacolon are relatively easy to differentiate and diagnose (6). However, ganglion cell deficiency is easily misdiagnosed as adult congenital megacolon (7, 8). A meta-analysis by Dingemans analyzed 11 articles about ganglion cell deficiency in 92 patients aged 4.85 years and found that the disease and congenital megacolon had no significant difference in clinical manifestations (9). The two patients diagnosed with ganglion cell deficiency in this study got their final pathological diagnose after surgery. In addition, it is reported that patients with ganglion cell deficiency is relatively older than other types, and female are more likely to get this disease (10). Etiologically, adult congenital megacolon is caused by the lack of ganglion cells in the distal colon, rectal submucosal nerve plexus, and myenteric nerve plexus (11). There are many types of adult congenital megacolon. Most patients are young and have received surgical intervention at their early ages (12). Only some short-segment and ultra-short-segment types with mild early symptoms don't receive treatment in time and delay treatment to youth, which leads to the highly dilated normal intestinal segment at the proximal end of the diseased intestine and rubber-like intestinal wall due to compensatory thickening of the muscularis (13). There are many similarities between adult idiopathic megacolon and adult congenital megacolon. In terms of symptoms, both have difficulty in defecation, abdominal pain, and bloating, which can be relieved after defecation (14–18). However, idiopathic megacolon does not have a significantly narrowed intestinal segment, and the expanded intestinal segment is the diseased one. The intestinal segment is characterized by a decrease in the number and degeneration of myenteric ganglia in the intestinal wall, normal acetylcholinesterase activity, thin smooth muscle layer of the intestinal wall, and weak bowel movements (19, 20). In the physical examination, the main difference lies in the disappearance of anorectal suppression reflex in adult congenital megacolon. It is important to follow the basic principles of surgery in the treatment of adult congenital megacolon. The purpose of surgery can be achieved by removing the stenotic, transitional, and obviously expanded segment. According to our experience, the expanded and thickened intestinal segment needs to be completely removed to the normal intestinal segment at the proximal end. When tension exists at the anastomotic stoma, the splenic flexure of colon needs to be freed. In some cases, the proximal intestine should be removed to the transverse colon or even the ascending colon. According to recent reports, per-rectal endoscopic myotomy (PREM) is a safe and effective minimally invasive procedure with long-term response (21–23). The principle of surgical treatment of adult idiopathic megacolon is different from that of adult congenital megacolon. If the surgeons only remove the dilated intestine, the remained colon is likely to cause recurrence of the disease (24, 25). Subtotal colectomy with ileorectal anastomosis or ascending colorectal anastomosis is a better option. Considering the low anastomosis position in many patients with adult congenital megacolon, inadequate bowel preparation before surgery and long-term malnutrition, in our experiences, to reduce postoperative anastomosis related complications, it is recommended to perform a preventive terminal ileostomy during surgery. After the anastomosis is well-healed, the stoma will be returned. The incidence of toxic megacolon is relatively low, and the causes include but not limit to ulcerative colitis, ischemic enteritis, collagenous colitis, and pseudomembranous enteritis caused by long-term use of antibiotics. However, the toxic megacolon progresses rapidly. Since the intestinal mucosal barrier is destroyed and bacterial toxins enter the blood, if the infection cannot be effectively controlled, it may lead to septic shock and even multiple organ failure (26). Among the three patients in this study, two of the mildly ill patients underwent colectomy, which was a damage-controlled stoma. Since a stoma could not effectively alleviate the infection in the other severely infected patient, subtotal colectomy was performed. In obstruction caused by megacolon, some patients need emergency stoma surgery if conservative treatment is ineffective (27). In those included cases, 14 cases were admitted to hospital with emergency intestinal obstruction, accounting for 31.4% of patients with idiopathic megacolon and 37.5% of iatrogenic megacolon. Emergency operation is not suitable for each obstruction case, since the sever dilatation of the intestinal cavity is chronic and won't perforate in a short period. Conservative treatments such as enema and colonoscopy decompression can be performed first, and enterostomy should only be selected when conservative treatment is ineffective. It should be noted that some patients with idiopathic megacolon may be associated with malnutrition due to long-term constipation and fecal obstruction (28). For these patients, an intestinal stoma is a compelling choice. Although a stoma can temporarily relieve defecation problems, since diseased bowel is not removed during the enterostomy, the symptoms of abdominal distension and abdominal pain may still occur after the operation (29). In addition, because of the extreme expansion of the intestinal segment of the stoma, only a fenestration stoma can be performed. And after decompression, due to the retraction of the intestines and the tension of the abdominal wall, the stoma will retract and narrow. The fenestration stoma is acceptable as a temporary stoma for patients with planned second-stage surgery, but a loop stoma should be chosen as a permanent stoma. Because the etiology of each patient is different, it is difficult for doctors to choose proper operative approaches and minimize the surgical risk. The choice of surgical methods is mainly depending on the patient's condition, the basis of objective examination and the experience of the doctor team, only a reasonable surgical strategy can benefit the patient to the maximum extent. Data Availability Statement The raw data supporting the conclusions of this article will be made available by the authors, without undue reservation. Ethics Statement Written informed consent was obtained from the individual(s) for the publication of any potentially identifiable images or data included in this article. Author Contributions WZ, JS, and SM contributed to conception and design of the study. SM and AP organized the database. YF and AP performed the statistical analysis. HG, LL, ZL, LH, RM, JS, and WZ provided patients' data. All authors discussed the data. YY wrote the manuscript and subsequent revisions, which were reviewed by other authors. SM, YF, and AP contributed equally to this research. All authors read and approved the final manuscript. Funding Information retrieval was done by the National Natural Science Foundation of China (81701965) and the Natural Science Foundation of Liaoning Province (2020-BS-187). Conflict of Interest The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest. 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