

Prevalence of Renal Cysts in a Group of Adult Sri Lankan Cadavers

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Introduction

Cysts are the most common space-occupying lesion of the kidney. With the advances in imaging technology and population-based studies on the prevalence of renal cysts, their clinical importance has grown. It is known that the prevalence of renal cysts correlates with advancing age.

Methods

Present study was conducted using a total of 52 kidneys (14 male and 12 female) obtained from formalin fixed cadavers from the Universities of Ruhuna and Kelaniya, Sri Lanka. Subjects with any history of renal and vascular impairments were excluded from the study. Morphological features including presence of single or multiple cysts, their numbers and the side of the kidney were recorded.

Results

The mean age of the study population was 65 years. The incidence of renal cysts was 65.38%. Cysts were more common in females (58.82%) as compared to the males (41.18%). The majority of cysts were solitary (70.59%) whereas 29.41% was multiple. Most of

the renal cysts were present unilaterally (88.24%) and 11.76% was bilateral. The cysts were common in the right kidney (64.71%) compared to the left kidney (35.29%).

Discussion and Conclusions

This study provides an insight regarding the incidence of renal cysts in a group of adult Sri Lankan population. The prevalence rates of renal cysts should be calculated according to different age groups since any cohort comprising a greater proportion of elderly would render higher rates. Similar studies on a younger Sri Lankan cohort are recommended.