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# Rhabdomyosarcoma in children and current management

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**Background:** Rhabdomyosarcoma (RMS) is the most common soft tissue sarcoma of the children. It is an aggressive highly malignant cancer of the striated muscle fibers. Orbital rhabdomyosarcoma accounts for approximately 9-10% of all rhabdomyosarcomas. Rhabdomyosarcoma represents 3.5% of all malignancies occurring in children aging 0-14 years of age.

**Aim:** The study aimed to find out the experience of managing orbital rhabdomyosarcomas and current understanding of the literature.

**Methods:** This was mixed method study carried out from 2008 till November 2017 in hospitals from Nepal and abroad. The diagnosed cases of orbital rhabdomyosarcomas were managed by a core team consisting of Ophthalmologists, Oncologists, Radiologists, Hematologists, Pediatricians and were referred to higher tertiary centers when in need. Statistical Package for Social Services (SPSS) 19 was used to analyze relevant data.

**Results:** Six subjects were diagnosed to have unilateral orbital rhabdomyosarcoma. Four (66.7%) subjects were males. The mean age of presentation was 6 years. Four (66.7%) of the subjects had embryonal variant of rhabdomyosarcoma, while the rest were alveolar variant. Sudden onset proptosis was the commonest presenting features in all the study subjects. Two study subjects had metastasis to the lymph node at first presentation.

**Conclusion:** Embryonal variant of rhabdomyosarcoma is the commonest type in the orbit followed by alveolar type in our study settings. Embryonal variant of rhabdomyosarcoma has the best prognosis while rhabdomyosarcoma with metastasis have poor prognosis.

## Biography

Pradeep Bastola has completed his DLSHTM, Public Health for Eye Care (PHEC) Master's degree at London School of Hygiene and Tropical Medicine, United Kingdom, London from 2013-2014; and MD in Ophthalmology at Tribhuvan University, Teaching Hospital, Institute of Medicine, Kathmandu, Nepal from 2004-2007 and MBBS at Kathmandu University, Manipal College of Medical Sciences, Pokhara, Nepal from 1996-2001.

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