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Research paper 3

An audit on muscle biopsies in a tertiary care centre in Sri Lanka

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Introduction and objectives: Muscle biopsies are valuable in evaluating muscle disorders. The Department of Pathology, Faculty of Medicine, Peradeniya is the only centre in the country which performs enzyme assays and immunohistochemistry in muscle biopsies. This study aims to determine the prevalence of diseases diagnosed in muscle biopsies.

Method: This is a retrospective study carried out using muscle biopsies received from 2009 to 2020. Clinicopathological data and diagnoses were extracted from the archives, recorded and analysed using MS Excel software. Patients under 18 years were categorized under the paediatric group.

Results: 593 muscle biopsies have been reported during the study period. There were 364 paediatric biopsies, out of which 38% (n=137) were muscular dystrophies. Out of muscular dystrophies, 29% (n=40) were diagnosed as Duchenne muscular dystrophy and 11.7% (n=16) as Becker muscular dystrophy. 19% (n=70) of paediatric biopsies showed a congenital myopathy. Out of 229 adult biopsies, 26% (n=59) were diagnosed as muscular dystrophy, 31.4% (n=72) as inflammatory myopathies and 10.5% (n=24) were non-specific myopathies.

Discussion and conclusion: Worldwide prevalence rates of muscle diseases vary with age, location and study population. Duchenne muscular dystrophy is the commonest muscular disease among children which is the same in our study, and adult prevalence rates are variable among different studies. No studies on prevalence rates among Sri Lankans have been carried out to date, highlighting the need for prevalence studies on muscle diseases in Sri Lanka.

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