

## Is Watchful Waiting in Appendicitis Still Efficacious?

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### Editorial

Appendicitis is a common and urgent surgical condition characterized by inflammation of the appendix. Appendicitis is also a multifactorial condition with various potential causes. While luminal obstruction remains the primary theory, various factors, including infections, dietary habits, genetic predisposition, environmental factors, trauma, and immune responses, all contribute to its pathogenesis. While the exact etiology of appendicitis is not fully understood, several factors have been identified as potential contributors to its development. The aim of this paper is to add one more uncommon but important appendiceal syndrome to the list of potential causes i.e. Appendiceal Cancer, which shows the same clinical patterns as “ordinary” appendicitis.

Holowatyj [PMID: 39979656] estimates that around 3,000 new appendiceal cancer cases are diagnosed annually in the USA, The challenges of accurately diagnosing and identifying this tumor type suggest that this number may underestimate true population incidence. In the current absence of disease-specific screening and diagnostic imaging modalities, or well-established risk factors, the incidental discovery of appendix tumors is often prompted by acute presentations mimicking appendicitis or when the tumor has already spread into the abdominal cavity - wherein the potential misclassification of appendiceal tumours as malignancies of the colon and ovaries also increases.

Appendix cancer can occur at any age, but it's more likely to develop in people between 40 and 60. Most people diagnosed are in their 50s Sex. Females are more likely to develop neuroendocrine tumors in their appendix. [Andreana N Holowatyj Michael J Overman et al Defining a 'cells to society' research framework for appendiceal tumors Nat Rev Cancer. 2025;25(4):293-315.

A recent study, however, shows that appendix cancer is becoming more common among younger generations, mirroring a pattern that has been occurring with other cancers since the 1990s. Cancer incidence rates among members of Generation X were two to three times higher than among people born in the 1940s. Rates among older

millennials, born in the 1980s, were more than four times higher. [Holowatyj, A.N. et al Birth Cohort Effects in Appendiceal Adenocarcinoma Incidence Across the United States Annals of Internal Medicine [\[1-3\]](#)].

## References

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