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Outcomes of patients with mycosis fungoides managed at the National Hospital Kandy: a descriptive cross-sectional study

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Introduction and objectives: Mycosis fungoides is the most prevalent type of cutaneous T-cell lymphoma. It progresses through patch, plaque and tumour stages. Accurate diagnosis through histological confirmation and prognosis reliant on lesion type and extent are crucial. The treatment options include topical treatment, radiotherapy, phototherapy (PUVA), chemotherapy and immunotherapy. Global data shows an 8% relapse rate post-treatment, contrasting with previous Sri Lankan findings of 44%. This study aims to determine outcomes for patients treated at the National Hospital, Kandy.

Methodology: Data from 27 of 243 patients with confirmed mycosis fungoides receiving treatment at National Hospital Kandy between 2018 to 2024 were retrospectively analysed. Follow-up data was unavailable for the remaining patients.

Results: The study revealed that 88% (n= 24) of patients presented at the patch stage, 3.2% (n=1) presented at the plaque stage and 7.4%(n=2) presented with bullous lesions. 44% (n=12) experienced relapse post initial treatment with 91.6% (n=11/12)) showing relapses at the patch stage and 8.33%(n =1/12) at the plaque or tumour stage. All other patients recovered fully with initial topical steroids or PUVA therapy reporting no relapses during the study period.

Discussion and conclusion: In this study, mycosis fungoides commonly presented in the indolent patch stage and most relapses mirrored this initial presentation. The 44% relapse rate in Sri Lanka surpasses global averages consistent with previous research findings.

Keywords: mycosis fungoides, Sri Lanka

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