Benign nasopharyngeal teratoma in an adult patient

Lucas Gomes Patrocinio1, Tomas Gomes Patrocinio2,
Sonia Regina Coelho3, José Antonio Patrocinio4

INTRODUCTION

The benign nasopharyngeal teratoma is a benign and rare congenital disease, made up of the three embryological leaflets (ecto, meso and endoderm). It is of slow and progressive growth, pressing against adjacent structures without invading them. Its diagnosis is usually prenatal or during early childhood, due to ultrasound findings or severe obstructive respiratory symptoms. It is rare in adults, and there are only two of these cases in adults reported in the literature.

The goal of the present paper is to present the case of an adult patient with a nasopharyngeal teratoma, who was submitted to endoscopic surgery for exeresis.

CASE REPORT

V.S., 35 years, female, presented unilateral nasal obstruction since childhood. Video-nasofibroscopy showed a pedicled oval-shaped mass in the pharyngeal ostium of the Eustachian Tube, obstruction about 60% of her nasopharynx. Paranasal sinuses CT scan presented a mass in her left nasopharynx (Figure 1a). The patient was submitted to endoscopic surgery under local anesthesia, in her left nasopharynx (Figure 1a).

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In the case hereby reported, CT scan and the endoscopic exam were enough to assess lesion origin and extension. Clinical signs and symptoms of unilateral nasal obstruction should raise suspicion about neoplastic processes. Surgery was carried out with the 30° rigid scope, and the entire lesion was removed from the pharyngeal ostium of the Eustachian tube.

CONCLUSION

Although rare, teratomas may affect the nasopharynx. We stress the importance of a careful exam of patients complaining of unilateral nasal obstruction, especially newborns. Surgical treatment can be carried out through the endoscopic approach and complete lesion excision according to preoperative planning guided by image exams.

REFERENCES