

Adrenal incidentalomas: Functionality study

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OBJECTIVE AND INTRODUCTION

Due to the widespread use of imaging studies performed in hospitalised patients, adrenal incidentalomas (AI) are frequent findings in the everyday clinical practice. The objective of this research is to describe the prevalence of hormonally active and malignant AI

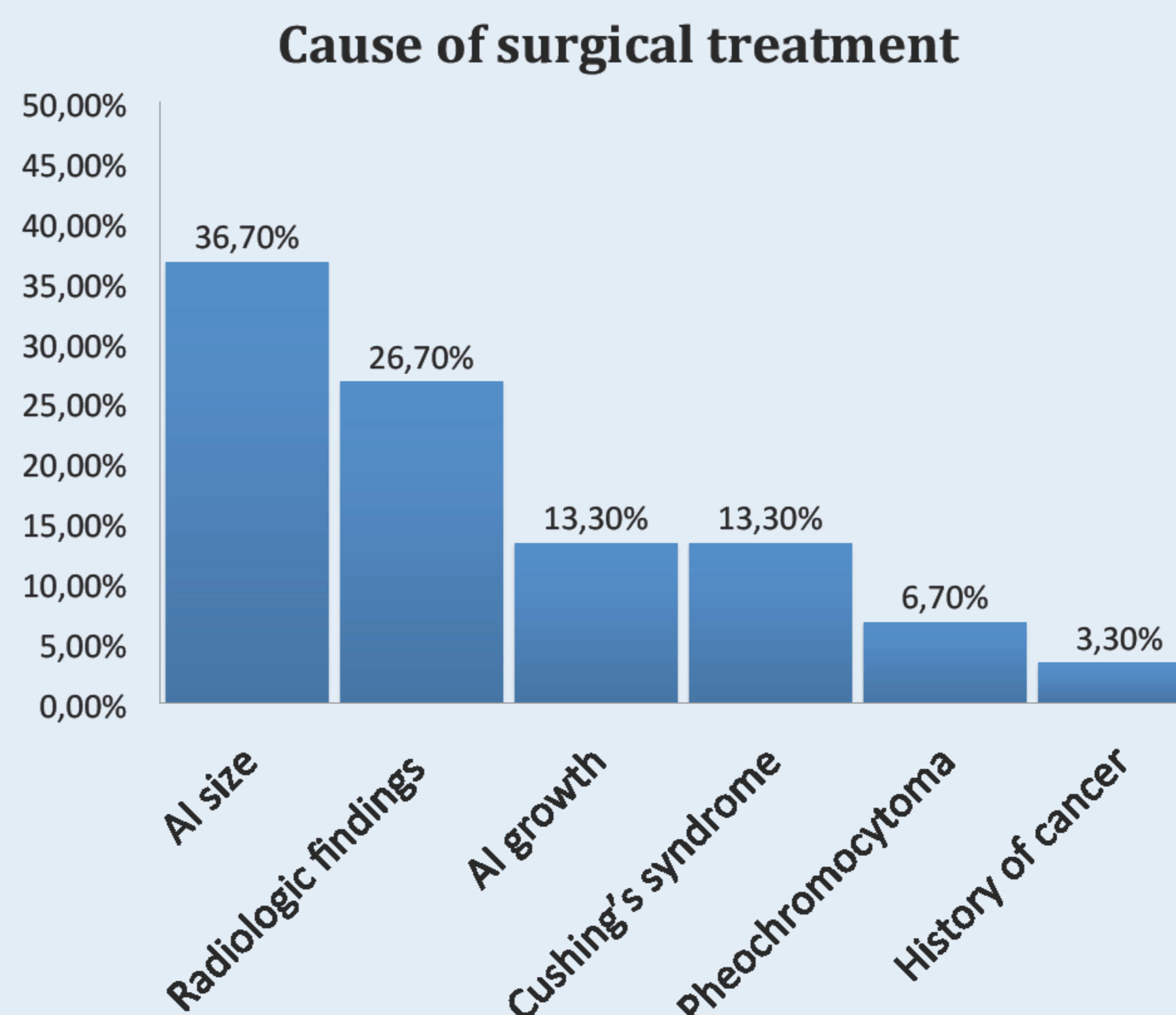
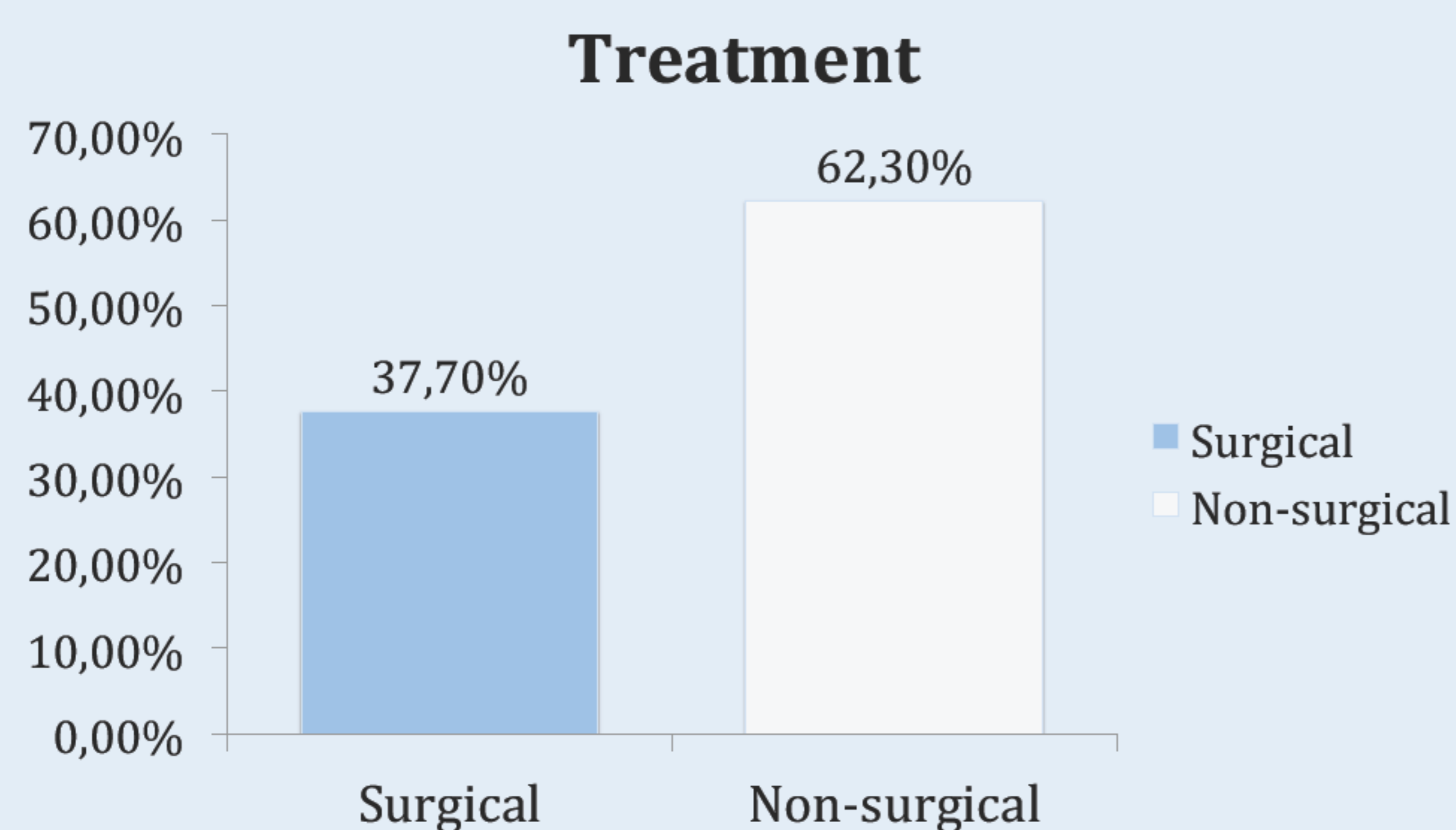
PATIENTS AND METHODS

Observational retrospective study of a cohort of patients (n = 252) who consulted in the Endocrinology service between 2005 and 2015 because of an AI. The statistical analysis was performed with SPSS 19th version for Windows.

RESULTS

Age (years)	58.85 ± 11.55
Sex: n (%)	
Men	103 (43.1)
Women	136 (56.9)
Location n (%)	
Left	130 (54.9)
Right	107 (45.1)

Diagnosis n (%)	
Non functioning adenoma	159 (71.6)
Subclinical Cushing's	32 (14.4)
Myelolipoma	15 (6.8)
Cushing's syndrome	5 (2.3)
Pheochromocytoma	3 (1.4)
Adrenal cancer	3 (1.4)
Haematoma	2 (0.9)
ACTH-dependent Cushing's synd.	2 (0.9)
Metastasis	1 (0.5)



CONCLUSIONS

The AI is more frequent in women and in patients in the fifth decade of life.
In our study, the predominant location was the left adrenal gland.
Most of the AI studied were non-functional.
The percentage of hormonally active masses found similar as previous and larger studies

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