Audit of adrenal tumors at Vilnius University Hospital Santariskiu Klinikos (VUHSK): 4 year results

Zydrune Visockiene 1,2, Milda Girdziute 1
1 Vilnius University, 2 Vilnius University Hospital Santariskiu Klinikos

Introduction
The incidental adrenal mass has become a common diagnostic problem as up to 4 percent of patients undergoing radiological examination of the abdomen are found to have focal enlargement of adrenal gland. In adults this may represent functional or nonfunctional cortical adenomas, carcinomas, pheochromocytomas, cysts, mielolipomas, metastasis of other tumors or congenital adrenal hyperplasia. The prevalence reported in literature varies, because of the different methodological quality of studies.

Aim
To make a retrospective audit of diagnostic approach of symptomatic and asymptomatic patients with adrenal tumours diagnosed at VUHSK from 2010 to 2013.

Methodology
Cases coded as D35.0; D44.1; E27.0; E27.5; E27.8; E27.9 according to ICD-10 classification were retrieved from database. Electronic data capture system was used to collect information.

Results

527 patients
Age 62.5 11.0 years

123 males
404 females

Tumor size in symptomatic and asymptomatic patients

Larger tumors were in asymptomatic patient group: 24.7 14.0 vs. 22.5 14.4 mm, p=0.02.

Hormonal evaluation in symptomatic and asymptomatic patients

Proper diagnostic approach was used only in 80 (28.5%) of symptomatic patients

Conclusions
The proportion of patients having adrenal tumours with and without symptoms is similar. Although hormonal assessment should be performed in all patients, clinical symptoms should urge the doctor for comprehensive assessment as the prevalence of secreting tumours is the highest in symptomatic patients for whom proper diagnostic approach was used to clarify the diagnosis.

References: