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URETHRAL POLYP IN A YOUNG GIRL : A CASE REPORT

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Urethral polyps are rarely found in young girls. A total of 12 urethral polyps have been described in young girls in the English literature to date. Here we present a case of urethral polyp that was detected in the distal urethra of a 12-year-girl. Her chief complaint was a sudden blood discharge. On examination, a 15 × 9 mm polypoid mass with a 7 mm pedicle was seen protruding from the urethral meatus. The mass was excised under general anesthesia. Histopathologically, the polyp was covered with urothelium and squamous epithelium, and was composed of congested blood vessels and inflammatory infiltrates. These findings were similar to those of urethral caruncles in postmenopausal female. She has been free from recurrence and has had no complications, as of 12 months after excision.

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Key words : Urethral polyp, Caruncle, Interlabial mass, Young girl

INTRODUCTION

Urethral polyps are often reported in boys, but are rare in young girls. A polyp is a usually nonmalignant growth that arises from the mucosa of an organ such as the nose, bladder, or intestine, and often presents by causing obstruction. The etiology of urethral polyps has not been fully elucidated. Here we report a urethral polyp in a 12-year-old girl and review the relevant literature.

CASE REPORT

A 12-year-old girl detected an interlabial mass by herself one year before visiting our hospital, which she thought of as a normal structure and it remained asymptomatic. Sudden bleeding brought her to hospital with her mother. On examination, a 15 × 9 mm polypoid mass with a 7 mm pedicle was seen protruding from the urethral meatus (Fig. 1). No other abnormal-

ities were found on physical examination and her past history was not contributory. The complete blood count, biochemistry tests, and urinalysis were all normal. There were no abnormalities of the urinary collecting system on ultrasonography and intravenous pyelography. Under general anesthesia, urethroscopy revealed that the pedicle of the polypoid mass arose from the posterior aspect of the distal urethra about 5 mm proximal to the urethral meatus. The mass was excised sharply and the resulting defect was closed with interrupted 5-0 absorbable sutures.

Histological examination revealed that the polyp was covered with urothelium and squamous epithelium, and was composed of congested blood vessels and inflammatory infiltrates. There was no evidence of malignant change throughout the specimen (Fig. 2). She has been free from recurrence and has had no complications after 12 months of follow-up.



Fig. 1. An interlabial polypoid mass originating from the urethral meatus.

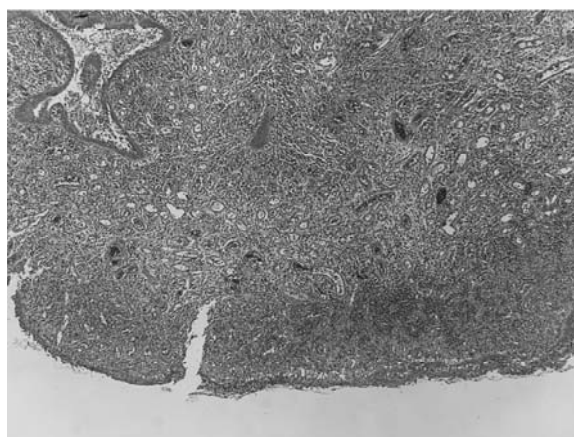


Fig. 2. Congested blood vessels and inflammatory infiltrates are covered with urothelium and squamous epithelium (H & E, ×40).

DISCUSSION

Urethral polyps most often occur in boys, and are rarely found in young girls. A total of 12 urethral polyps have been described in young girls in the English literature to date¹⁻⁵).

Urethral polyps in boys commonly present with symptoms of urinary obstruction⁶), but most urethral polyps in young girls either remain asymptomatic or present with blood discharge. Urinary obstruction has not been reported in young girls. Urethral polyps in young girls are not site-specific, and can be found in the distal, mid or proximal urethra¹). In boys the polyps are almost always in the prostatic urethra⁶). All cases in young girls were surgically excised, pathologically benign, and did not recur¹⁻⁵).

The etiology and histology of urethral polyps in young girls have not been fully clarified, but those found in boys are believed to be of congenital origin and are usually fibroepithelial polyps⁷). Stephens suggested that the polyp in a boy is hamartoma arising in the prostatic part of the urethra that may represent persistence of Muller's tubercle, and the stalk is composed of drawn out urogenital sinus epithelium together with a central core of fibrous tissue and blood vessels⁸). In contrast, Ben-Meir et al. reported 5 cases of urethral polyps in young girls and concluded that the etiology of most polyps in young girls was similar to that in older females. There is histological similarity between urethral polyps and caruncles, since both are covered with urothelium and squamous epithelium, and both contain congested vessels and inflammatory infiltrates. In addition, they postulated that most of the urethral polyps in young girls are prolapsed urothelium that eventually become polyps¹). However, as other types of lesions, inverted papilloma was reported in 2 girls, fibroepithelial polyp in 2, a dilated and inflamed periurethral gland of Huffman in 1, and an epithelial polyp in 1²⁻⁵). Three cases of urethral caruncle presenting as an interlabial mass in a young girl have been reported so far to our knowledge^{9,10}).

Clinically and histopathologically, urethral polyps in young girls are more likely to assume various histological types in contrast to those in boys. Accumulation of further cases may be helpful in identifying the etiology.

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和文抄録

女児尿道ポリープの1例

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症例は12歳, 女児. 生来健康. 約1年前より外尿道口から脱出する腫瘤に気付くも症状なく放置していた. 2005年10月に外陰部より突然の出血を認めたため, 近医を受診. 外尿道口より脱出する小指頭大のポリープを認め, 同年10月31日, 精査加療目的に当院紹介となった. 受診時, 他に理学所見上, 特に異常認めず, また尿沈渣, 血液学的検査, エコー, IVP などにおいても異常所見を認めなかった. 同年11月10日全身麻酔下, 尿道膀胱鏡および尿道ポリープ切除術を施行した. 尿道鏡にて前部尿道の6時にポリープの起始部を認めた. 膀胱内に特に異常所見は認めなかった. 起始部からポリープを鋭的に切除し, 欠損部を5-0 PDSにて縫合した. 術後経過は良好で術後1日目に尿道カテーテル抜去, 2日目に退院となった. 病理組織学的検査にて尿道ポリープは移行上皮および扁平上皮に覆

われ, 上皮下組織に小血管の増生と著明な炎症細胞の浸潤を認め, 尿道カルンクラに非常に類似していた. 腫瘍性変化や異型細胞の増殖は認めなかった. 現在, 術後1年が経過しているが, 再発, 合併症など認めていない.

小児における尿道ポリープは稀な疾患であるが, 男児に比べ女児における報告はさらに少ない. われわれが調べうる限り12例の女児尿道ポリープが報告されている. また Ben-Meir らは思春期前の女児尿道ポリープの5症例を検討し, 病理組織学的に尿道カルンクラとの類似性を指摘している.

今回, われわれは女児尿道ポリープの1例を経験したので若干の文献的考察を加え, ここに報告する.

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