CLINICAL CASE

Transoral surgical removal of a giant fibrolipoma of the esophagus: Case report

Résection transbuccale d’un fibrolipome géant de l’œsophage : à propos d’un cas

U. Fumagallia, S. Bona, F. Battafarano, C. Bonifacio, S. Narne, A. Peracchiar, R. Rosati

Division of General and Minimally Invasive Surgery, Department of Surgery, University of Milan – Istituto Clinico Humanitas IRCCS, 56, via Manzoni, 20089 Rozzano, Milan, Italy

Department of Radiology, Istituto Clinico Humanitas, Italy

Department of Airways Endoscopic Surgery - Azienda Ospedaliera di Padova, Italy

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Summary
An esophageal mass of more than 20 cm in length was diagnosed in a patient who presented with persistent dysphagia. Diagnosis of an endo-esophageal tumour was made by barium swallow; esophagoscopy confirmed the presence of a capsulated pink endoesophageal mass. MRI confirmed the presence of a large capsulated mass within the esophagus, that appeared to be adipose tissue; a small stalk originating at the level of the upper esophageal sphincter was described and the polyp extended down to the gastroesophageal junction. Demonstration of the site and length of the stalk allowed a transoral removal of the mass, performed through a Weerda diverticuloscope (Karl Storz Endoskopie Gmbh, Tuttingen Germany), a technique that has never been described before. Histology confirmed the mass as a fibrolipoma. The authors discuss both the role of MRI in diagnosis and treatment planning and the technique of transoral excision.

Résumé
Une masse œsophagienne mesurant plus de 20 cm en longueur était découverte chez un patient présentant une dysphagie persistante. Une opacification de l’œsophage a permis le diagnostic d’une tumeur endo-œsophagienne, confirmé par l’endoscopie montrant la présence d’une masse endo-œsophagienne rosâtre et encapsulée. L’IRM a confirmé la présence d’une grande masse encapsulée d’aspect adipeux au sein de l’œsophage, qu’un pédicule frêle attachait au sphincter œsophagien supérieur. Le polype descendait jusqu’à la jonction gastro-œsophagienne. La démonstration du site de l’attachement et de la longueur du pédicule a permis une résection transbuccale de la masse par un diverticuloscope de Weerda (Karl Storz Endoskopie Gmbh, Tuttingen Germany), un technique qui a toujours été décrite avant. La histologie confirme la masse en fibrolipome. Les auteurs discutent à la fois du rôle de l’IRM dans le diagnostic et le plan de traitement et de la technique d’excision transorale.

* Corresponding author.
E-mail address: riccardo.rosati@humanitas.it (R. Rosati).

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Introduction

Benign tumours of the esophagus are rare [1]. Few among them are lipomas or fibrolipomas (1–3%); they are constituted by fibrous and lipomatous elements and usually arise at the pharyngo-esophageal junction [2]; they are typically pedunculated with a narrow stalk, with an intraluminal growth and may attain giant proportions. Symptoms are usually related to the size of the tumour which causes dysphagia, food impaction and regurgitation. Death from asphyxia, related to laryngeal impaction of a regurgitated polyp, has been described [3–5]. Large polyps should be surgically excised upon discovery [6,7]. Various techniques for excision have been described either through open surgery or endoscopically; when planning the surgical approach to these tumours, exact knowledge of the size and site of the stalk, and of the degree of vascularization is of the utmost importance. We report a case of a giant esophageal fibrolipoma originating at the upper esophageal sphincter, causing dysphagia and regurgitation. The tumor was removed with a transoral technique. We discuss here the relevant diagnostic steps and the technical details of removal.

Case report

A 54-year-old female complaining of dysphagia was addressed to the upper GI outpatient department with the diagnosis of suspect achalasia. A barium swallow showed a slightly enlarged hypokinetic esophagus, with a narrow distal segment and with delay in barium esophageal outflow. The patient complained also of a sensation of a lump in the throat. A double contrast upper GI series showed an endoluminal mass, so the patient was submitted to flexible esophagoscopy: the examination showed the presence of a giant fibrovascular polyp of the esophagus.

Gross pathology revealed that the mass was whitish-pink, fleshy in consistency, measuring more than 20 cm (Fig. 3). It had a core of predominantly fibroadipose tissue with nondysplastic overlying squamous mucosa with areas of focal ulceration. Histopathology confirmed the diagnosis of a giant fibrovascular polyp of the esophagus.

The patient had an uneventful recovery and was discharged on the 4th postoperative day after a Gastrographin® swallow. Dysphagia and the sensation of a lump in the throat completely disappeared after surgery. A double contrast upper GI series performed three months after surgery was normal; endoscopy showed good healing of the section margin with no protruding recurrent mass and the patient is symptomless at more than one year follow-up.

Discussion

Benign tumours of the esophagus are uncommon [2,8–14]. Among them, lipomas and fibrolipomas are usually slowly-growing, solitary pedunculated large tumors occurring in adults, predominantly men [1,15–17]. The vast majority of esophageal lipomas arise close to the upper esophageal sphincter. Symptoms are correlated to the size of the tumour: dysphagia to solids is the commonest.

The diagnosis of a giant pedunculated esophageal tumour is often difficult: barium meal can give a false negative result: the lipoma may appear like a filling defect in a dilated esophagus and be falsely interpreted as achalasia with food retention [18]. Since the tumour is covered by normal mucosa, endoscopy can give a false negative result too [17].

In case of dysphagia and suspicion of endoluminal mass, endoscopic ultrasonic and computed tomography scan may be diagnostic, although MRI imaging yields superior results due to its good contrast and spatial resolution. In this case the relevant diagnostic steps and the technical details of removal.
case, MRI could diagnose that the tumour was composed of adipous tissue and show exactly the site and size of the stalk.

Pedunculated fibrolipomas of the esophagus are an indication for excision being usually symptomatic and with the potential of causing severe symptoms. Excision of the tumour is usually performed surgically. If the tumour originates from the upper esophageal sphincter, access to the cervical esophagus is obtained through a left cervicotomy; a longitudinal esophagotomy may expose the pedicle and allow resection of the mass.

Small tumors may be resected endoscopically with a standard polypectomy loop even if the site of the stalk at the upper sphincter makes the procedure technically challenging. In the present case, MRI proved an excellent diagnostic tool that allowed a precise depiction of the stalk of the

Figure 1  a–b: MRI in the three planes, with T2 weighted sequences, shows the presence of a lipomatous lesion that occupies the whole thoracic esophagus; a: demonstrates the short stalk at the posterior wall of the pharyngo-esophageal junction; b: shows the narrow real lumen; the lumen appears hyperintensive.

Figure 2  The cervical esophagus is exposed by insertion of a Weerda diverticuloscope and the tumour is retrieved through the mouth after its pedicle has been sectioned.

Figure 3  Surgical specimen: giant pedunculated polyp with a narrow pedicle at one end, smooth walls and normal mucosa; it is longer than 20 cm and measures 5.5 cm at its widest diameter.

Fibrolipoma of the esophagus

lesion and thus the planning of precise preoperative strategy. The resection was not attempted endoscopically due to the size and site of the stalk which would have resulted in a difficult endoluminal exposure of the lesion, with major concerns in the control of a potential hemorrhage. For this reason, we planned a transoral endoscopic removal of the mass. The wide experience gained in the use of a Weerda diverticuloscope (Karl Storz Endoskopie GmbH, Tuttingen Germany) for the transoral treatment of more than 400 patients with Zenker’s diverticulum [19] made us use this instrument to expose the stalk of this giant endoluminal lesion sited in the cervical esophagus. The stalk was safely sectioned using both a diode laser and standard laparoscopic scissors with monopolar cautery after having encircled it with a safety tape by the use of a laparoscopic righ-angled dissector inserted through the mouth thanks to the wide space obtained in the oral cavity by placement of the diverticuloscope. Transoral retrieval and extraction of the mass was easy. The measure of the tumor was huge, more than 20 cm in length, and this also makes this case exceptional.

The postoperative course was uneventful and the early and late clinical results extremely satisfactory.

In conclusion, we think that in case of suspicion of an endoluminal giant polyp of the esophagus, an MRI should be performed, in order to visualise the presence of a pedicle of the mass, and thus to plan the better surgical strategy for removal. In this case transoral excision of the mass proved easy and safe, and avoided an esophagotomy with the related morbidity. The Weerda diverticuloscope was an excellent tool to expose the stalk of the lesion. The diode laser and standard scissors with monopolar cautery are safe and effective to section and coagulate the pedicle.

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References


