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**Clinicopathological evaluation of benign vulvar masses – A descriptive study in a low-mid-
dle income country**

Abstract:

Aim: To analyse the different types of benign vulvar tumours that required surgery and to correlate with the histopathological findings post-operatively.

Methods: This retrospective study was conducted over a period of one year in a tertiary care hospital in Southern India. A total of 10 benign vulvar masses which were operated between July 2022 to June 2023 were taken into the study. Demographic data, description of the mass, time taken to seek medical attention, surgical procedure and pictographic histopathological findings were studied.

Results: The study population ranges from 26 to 45 years with a mean age of 35.8 ± 7.33 years. The mean time taken to seek medical care for the detected mass was 16.25 ± 17.23 months. The earliest presentation was noted 6 months after detection, while one patient presented 6 years after the appearance of the mass. The largest mass was 12x15 cm in size. All the masses underwent complete surgical excision with no postoperative complications. The most common pathological finding was fibroepithelial polyp, noted in three patients, followed by leiomyoma of the vulva and vulvar hemangioma in two patients each. The other three masses were reported as vulvar endocervicosis, epidermoid cyst and lipoma respectively. It is important to note that these tumours, though benign, can cause functional, sexual and emotional impairment. Many women delay seeking consultation due to fear of embarrassment, especially in developing countries. This may also lead to neglecting of pre-malignant and malignant lesions of the vulva. These women were followed up until 6 months postoperatively and did not show any recurrence.

Conclusion: Surgical excision of benign vulvar masses not only mitigates the risk of premalignant tumors of the vulva, but also greatly improves the quality of life.

Clinical Significance:

- This study helps us understand benign vulvar masses which are not frequently reported
- It helps us understand the importance of surgical removal of these masses to prevent risk of malignancy
- Surgical excision helps to greatly improve quality of life in these women

Biography

Akshaya Murali has completed her MS in Obstetrics and Gynecology from JIPMER, India and is currently working as a Gynecologist in St. John's Medical College, Bangalore, India. She has completed a degree in Hospital Management from IIM-B. She has a number of national and international publications, and has authored a chapter in a book on Preeclampsia. Her interests are Fetal Medicine and High risk Obstetrics.