TORSION OF PARAOVARIAN CYST RESULTING IN SECONDARY TORSION OF OVARY
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ABSTRACT: Paraovarian cysts account for 10% of all adnexal masses. Small POC (Paraovarian Cyst) are common but large POC are rare and very rarely they undergo torsion. Fallopian tube and ovary being in close proximity to POC also undergo torsion along with it. It is usually found in child bearing age. High index of suspicion & prompt treatment is required to salvage the fallopian tube and ovary in such cases. We report a rare case of twisted paraovarian cyst with secondary torsion of ovary around infundibulopelvic ligament.

KEYWORDS: Torsion of Ovary, paraovarian cyst, torsion of adnexal mass.

INTRODUCTION: Paraovarian cysts arise from the mesothelium and presume to be vestigial remnant of mullerian and wolffian duct.[1,2] It accounts for 10% of all adnexal masses[3] but usually are small and asymptomatic. A large POC is uncommon. It lies in broad ligament near to ovary and fallopian tube is stretched over it. POC is benign, unicocular, thin walled and contains clear fluid. The cyst wall is lined by a single layer of cuboidal epithelium and fibrous tissue. Torsion of POC is very rare.[4] Fallopian tube and ovary being in close proximity to POC can also undergo torsion along with it.

CASE REPORT: A 22 years old unmarried girl presented to emergency unit with complaints of pain in lower abdomen and 3 episodes of vomitings for 6-8 hours. Pain was more in left iliac fossa with sudden onset, sharp, non-radiating and with no relieving factor. There was no history of bleeding per vaginum, diarrhoea, constipation, urinary problems, fever or any other medical illness. Her menses were regular with normal flow. She had her last menses 24 days back.

On general examination the patient was conscious, pulse rate - 102/minute, temperature was normal, BP-120/80 mm of Hg, cardiovascular and respiratory system were normal. On abdominal examination tenderness and muscle guarding were present in lower abdomen. On per rectal examination a cystic mass felt on left side of uterus which was very tender. On investigation, her urine pregnancy test was negative. The routine urine and blood tests were normal. Abdominal ultrasound scan showed bulky left ovary with absent venous flow on colour doppler study and right simple ovarian cyst.

Fig. 1: Ovary & paraovarian cyst
An emergency diagnostic laparoscopy followed by mini laparotomy was done. Laparoscopy revealed a normal sized uterus with a large paraovarian cyst of ~ 6cm * 5 cm in size which was twisted around infundibulopelvic ligament on left side. Left fallopian tube was edematous and overstretched over it. Left ovary was bulky with dusky, cyanotic hue due to torsion around infundibulopelvic ligament (Fig. 1) On right side, a ruptured hemorrhagic cyst of ovary of ~ 3*4 cm in size was present with minimal blood in pouch of douglas. POC was punctured and fluid was drained with suction cannula laparoscopically. Detortion of ovary and POC was done. Ovary resumed its normal colour. Mini laparotomy was done to enucleate and remove cyst wall. Peritoneal lavage was done. Post-operative period was uneventful. Histopathological report showed paraovarian cyst wall (Fig. 2) lined by cuboidal epithelial and fibrous tissues.

DISCUSSION: Torsion of paraovarian cyst is more common in child bearing age and three times more common during pregnancy.[5] As cyst lies in broad ligament and it has no pedicle of its own, when it undergoes torsion fallopian tube and ovary being close to it also twist along with it. It is difficult to differentiate between paraovarian cyst and ovarian cyst clinically and on sonoscan. CT scan and MRI are more useful but can delay the treatment. High index of suspicion and prompt surgery is recommended to salvage the fallopian tube and ovary. Several authors advocate detorsion of the pedicle with preservation of adnexal structures.[6,7] In this case it was possible to preserve the ovary after detorsion of infundibulopelvic ligament.

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