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# INCIDENTAL DISCOVERY OF A RARE ADRENAL MYELOLIPOMA: A CASE REPORT

General Surgery

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## ABSTRACT

Adrenal myelolipoma is a rare, benign tumor comprising mature adipose tissue and hematopoietic elements. It is often asymptomatic and discovered incidentally during imaging studies. This report discusses a unique case of a 23-year-old male cook presenting with left varicose veins, found to have a large right adrenal myelolipoma during a routine abdominal ultrasound. The tumor was managed surgically, and the patient had an uneventful recovery.

## KEYWORDS

Adrenal myelolipoma, varicose veins, adrenalectomy, incidentaloma, case report.

## CASE REPORT

### Clinical Presentation

A 23-year-old male, employed as a cook, presented with left varicose veins. He reported no abdominal pain or related symptoms. As part of routine investigations, an ultrasound of the abdomen revealed a large right suprarenal mass measuring 9.4 × 9.2 × 12.6 cm.

### Diagnostic Evaluation

Further evaluation with contrast-enhanced CT (CECT) and MRI abdomen confirmed the presence of a well-defined right adrenal mass, consistent with a myelolipoma. The lesion displayed no local invasion or evidence of malignancy.

### Management

After obtaining a urology consultation, the patient was prepared for open right adrenalectomy. Intraoperative findings confirmed the mass confined to the right adrenal gland. The specimen was excised intact and sent for histopathological examination (HPE).

### Histopathology

HPE confirmed the diagnosis of adrenal myelolipoma. The tumor exhibited a mixture of mature adipose tissue and hematopoietic elements, consistent with myelolipoma.

### Postoperative Course

The postoperative period was uneventful. The patient was comfortable on postoperative day 1 (POD 1) and was discharged in stable condition on POD 7.

## DISCUSSION

Adrenal myelolipomas are rare, non-functional tumors with an incidence of 0.08–0.4% in autopsy series. They are commonly discovered incidentally during imaging studies performed for unrelated conditions. Although most cases are asymptomatic, large tumors may cause mass effects or hemorrhage.

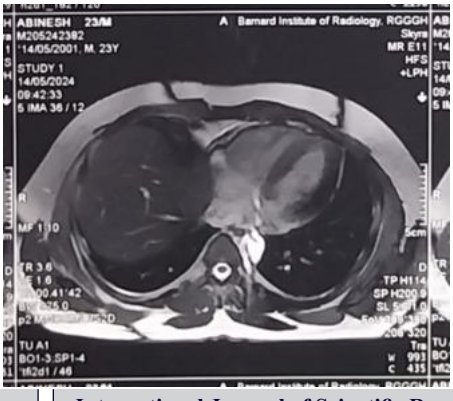


**Figure 1**: Ct Abdomen Showing Right Adrenal Myelolipoma

The unique aspect of this case is the incidental detection of a massive adrenal myelolipoma in a young male presenting with left-sided varicose veins, an unrelated condition. Surgical excision is the treatment of choice for large, symptomatic, or uncertain masses, as in this case.

**Figure 2:** Mri Image Showing Right Adrenal Myelolipoma

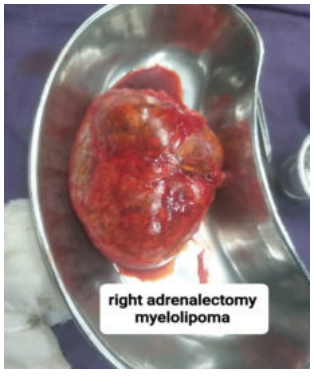


**Figure 3:** Post Operative Image Of Resected Open Adrenalectomy Specimen

## CONCLUSION

This case highlights the importance of thorough evaluation in patients presenting with unrelated symptoms, as incidental findings can lead to the diagnosis of rare conditions. Adrenal myelolipomas, though

benign, require individualized management based on size and clinical presentation.

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