**GIANT BILATERAL ADRENAL MYELOLIPOMA - A CASE REPORT**


Institute of Urology
Madras Medical College and Rajiv Gandhi Government General Hospital, Chennai

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**Clinical Presentation**
- 41 year old male
- Progressively increasing abdominal lump Right>Left – 6 months
- B/l pedal edema – 6 months

**MRI - ABDOMEN**
- Pre-op steroid supplementation started
- Transverse incision
- Excision of B/l adrenal mass with preservation of right adrenal cortex

**Histopathology**
- Grossly well encapsulated tumor with homogenous soft tissue with fat and brown hematogenous areas
- Microscopy shows lobules of mature adipocytes with marrow elements

**Operative findings**
- Right - 23.6x 16.8x 15.8 cm, 3.3 kg
- Left - 27.8x 22.6x 21.3 cm, 4.2 kg
- On steroid supplement
- Asymptomatic now on regular follow-up

**Lab Workup**
- Hemogram, renal and liver function tests – WNL
- 24 hour urinary VMA, S. Cortisol – WNL

**Operative findings**
- Loss of signal on T2-FSI
- F/s/o adrenal myelolipoma

**Post op & Follow up**
- Discharged on POD-5
- On steroid supplement
- Asymptomatic now on regular follow-up

**Discussion**
- Rare benign tumors of adrenal (3%)
- 7-15% of incidentalomas
- Originate in the adrenal cortex, Composed of mature adipose tissue and hematopoietic elements
- Tumors exceeding 8 cm are referred to as giant myelolipomas
- Bilateral giant myelolipoma extremely rare
- Usually reported in association with CAH/Cushing’s
- Largest unilateral adrenal myelolipoma reported in the literature weighed 6 kg and measured 31 x 24.5 x 11.5 cm
- Largest bilateral adrenal myelolipoma reported weighed 5.8 kg (23 x 11 x 19 cm) on the left and 0.78 kg (15 x 13 x 6.8 cm) on the right
- In the case of bilateral neoplasms, left-sided masses are usually larger than the right
- Asymmetric growth due to space limiting constraints by the liver on right and unrestricted growth on left
- To the best of our knowledge this case is largest yet reported bilateral tumor

**References**
- O. Ioannidis et al., "Giant bilateral symptomatic adrenal myelolipomas associated with congenital adrenal hyperplasia," Pathology and Oncology Research.