

An incidental finding of Epithelial Adrenal Cyst- A Case Report

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Adrenal cysts are rare lesions representing approximately 1–2% of adrenal incidentalomas.(1) Majority of these rare lesions are benign. Rarely, pheochromocytoma and adrenal malignant masses can present as cystic lesions and can occasionally be difficult to distinguish from benign cysts. Histologically, adrenal cysts are subdivided into pseudocysts, endothelial cysts, epithelial cysts and parasitic cysts.(2) Although most adrenal cysts are benign and hormonally non-functional lesions, some can have ambiguous imaging appearances and mimic malignant adrenal neoplasms. On the other hand, the actual malignant neoplasms could undergo cystic transformation. Due to the disease's rarity, the likelihood of malignancy, and the lack of specific guidelines, the management of adrenal cysts is always challenging especially in a young person. (3) Surgery is recommended in cases of large size, signs of complication and suspicion of malignancy. Here we discuss the case of a left-sided benign adrenal multiloculated cyst in a young man, presenting to our department. The objective is to recall the clinical characteristics of the case and significant contribution of diagnostic imaging.

Biography

Dr. Shahista is a dedicated and globally trained medical professional with an MBBS degree and over two years of post-internship clinical experience. She has worked in high-pressure environments, including a rural hospital setting where she developed strong diagnostic and decision-making skills despite limited resources. She has completed clinical rotations across departments, with particular exposure to surgical disciplines. Dr. Shahista has recently obtained GMC registration and is actively pursuing her surgical career in the UK, having also cleared MRCS Part A. Passionate about research, she has authored a case report on adrenal cysts and participated in CPD events, including one on Hemodynamics and TEE in Liver Transplantation. She brings a multilingual advantage from her education in Russia and has a keen interest in ERAS protocols. Dr. Shahista is currently preparing for postgraduate surgical training and aims to specialize further in GI surgery.

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