Some Facts Related to Benign Tumor

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Abstract

A benign tumour is a cell mass (tumour) that lacks the capacity to either invade adjacent tissue or metastasize (spread across the body). Benign tumors typically do not re-grow when removed, although malignant tumors do often.

Keywords: Benign tumor•Nerve pain•Injury

Introduction

A benign tumour is a cell mass (tumour) that lacks the capacity to either invade adjacent tissue or metastasize (spread across the body). Benign tumours typically do not re-grow when removed, although malignant tumours do often [1]. Benign brain tumours can be life-threatening, unlike most benign tumours elsewhere in the body. There is generally a slower growth rate for benign tumours than for malignant tumours, and the tumour cells are usually more differentiated (cells have more natural characteristics) [2].

Signs and symptoms

Benign tumours are very diverse; depending on their anatomic location and type of tissue, they may be asymptomatic or may cause particular symptoms. They grow outward; creating big, rounded masses that can cause what is called a "mass effect". This growth may cause local tissue or organ compression, leading to several effects, such as duct blockage, decreased blood flow (ischaemia), death of tissue (necrosis), and nerve pain or injury [3]. Not all tumors, cancerous or benign, have symptoms. Depending on the tumor's location, numerous symptoms could affect the function of important organs or the senses. For example, if you have a benign brain tumor, you may experience headaches, vision trouble, and fuzzy memory.If the tumor is close to the skin or in an area of soft tissue such as the abdomen, the mass may be felt by touch.

Depending on the location, possible symptoms of a benign tumor include:

- chills
- Discomfort or pain
- Fatigue
- Fever
- Loss of appetite
- Night sweats
- Weight loss

Benign tumors may be large enough to detect, particularly if they're close to the skin. However, most aren't large enough to cause discomfort or pain. They can be removed if they are. Lipomas, for example, may be large enough to detect, but are generally soft, movable, and painless. Some skin discoloration may be evident in the case of benign tumors that appear on the skin, such as nevi. Anything that looks abnormal should be evaluated by a doctor.

Causes

The cause of lipomas is largely unknown, although there may be a genetic cause in individuals with multiple lipomas, according to the Cleveland Clinic. Your risk of developing this type of skin lump increases if you have a family history of lipomas. This condition is most prevalent in adults between the ages of 40 and 60, according to the Mayo Clinic. Certain conditions may also increase your risk of lipoma development. These include:

• Adiposis dolorosa (a rare disorder characterized by multiple, painful lipomas)

- Cowden syndrome
- Gardner's syndrome (infrequently)
- Madelung's disease
- Bannayan-Riley-Ruvalcaba syndrome

Some benign tumors need no treatment; others may be removed if they cause problems such as seizures, discomfort or cosmetic concerns. Surgery is usually the most effective approach and is used to treat most benign tumors. In some case other treatments may be of use. Adenomas of the rectum may be treated with sclerotherapy, a treatment in which chemicals are used to shrink blood vessels in order to cut off the blood supply. Most benign tumors do not respond to chemotherapy or radiation therapy, although there are exceptions; benign intercranial tumors are sometimes treated with radiation therapy and chemotherapy under certain circumstances.Radiation can also be used to treat hemangiomas in the rectum. Benign skin tumors are usually surgically resected but other treatments such as cryotherapy, curettage, electrodesiccation, laser therapy, dermabrasion, chemical peels and topical medication are used.

Hamartoma PTEN syndrome

Four different hamartomata's disorders characterized by genetic defects in the PTEN gene consist of PTEN hamartoma syndrome: Cowden syndrome, Bannayan-Riley-Ruvalcaba syndrome, Proteus syndrome and Proteus-like syndrome.

Other syndromes

Cowden syndrome is a hereditary autosomal dominant condition characterised by numerous benign hamartomas (trichilemmomas and papillomatous mucocutaneous papules) as well as a predisposition to multiple organ cancers, including breast and thyroid cancers [4,5].

Conclusion

The tumour is graded as benign if the cells are non-cancerous. It won't invade surrounding tissues or spread (metastasize) to other parts of the body. A benign tumour is less dangerous unless any significant organs, tissues, nerves, or blood vessels are present near it and cause damage.

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