

Giant Vulval Fibroepithelial Stromal Polyp: A Case Report and Literature Review

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BACKGROUND

Fibroepithelial polyps (FEPs) are benign mesenchymal tumours found in 25% of the population, typically in skin fold areas like the neck or inguinal region. Rarely, they occur in the female genital tract, with giant lesions (>5 cm) being exceptionally uncommon. We aim to explore risk factors and complications of this rare occurrence.

CASE SERIES

Only 18 cases of giant vulval FEPs have been reported. Of these, 71% occurred in women aged 13–30 years. One case was linked to congenital lymphoedema, and two were associated with vulval psoriasis. One patient experienced rapid growth and bleeding of her FEP during pregnancy, while another developed sepsis from a 20 cm ulcerated FEP. Bilateral FEPs were seen in 11% of cases.

DISCUSSION

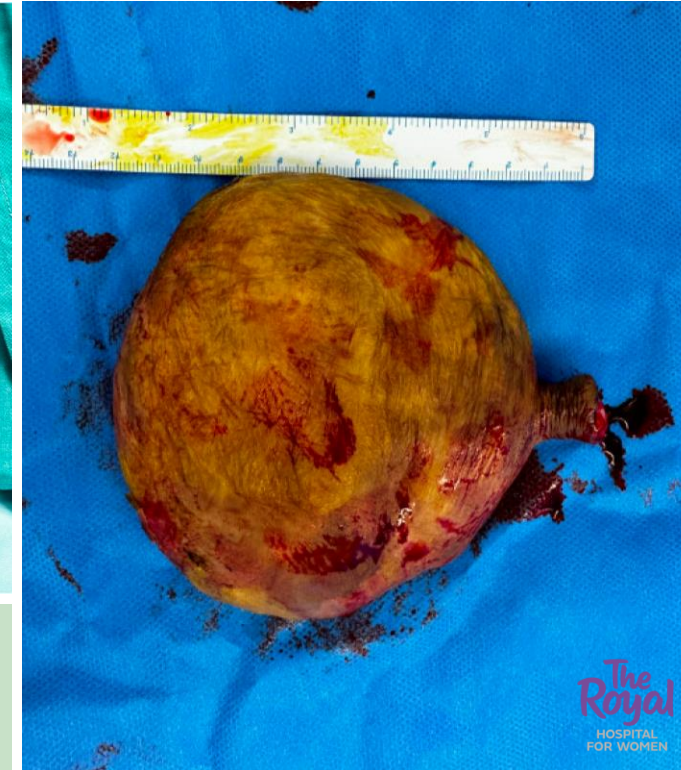
Giant vulval FEPs are a rare occurrence and appear to be more common in women under 30 years of age. These lesions can be complicated by bleeding or sepsis. Additionally, vulval FEPs can present bilaterally. Physicians should be aware of FEPs as a differential diagnosis and ensure histological assessment is undertaken to exclude malignancies.

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CASE REPORT

A 25-year-old nulliparous woman presented with a slow-growing, pedunculated right labial mass measuring 15 cm × 10 cm × 12 cm, with a 15 mm × 15 mm × 20 mm connecting stalk. Ultrasound showed prominent vessels in the stalk and a homogeneous, echogenic internal structure without visceral herniation. Excisional biopsy revealed findings consistent with a benign fibroepithelial stromal polyp: a hypocellular core containing haphazardly dispersed stromal cells with stellate to short spindle appearances.



Top and Right: Clinical photographs of 11cm x 11cm x 10cm pedunculated fibroepithelial polyp arising from the right labia majora before and after excision