

# Paediatric Ovarian Torsion- A Case Report

L. Joyce

Royal Brisbane and Women's Hospital, QLD, Australia

## Introduction:

Ovarian torsion is a common gynaecological emergency but occurrences prior to menarche are rare. This case presents an unusual cause of paediatric abdominal pain and highlights the importance of prompt recognition and intervention to reduce morbidity from ovarian torsion.

## Case:

A 10-year-old premenarchal girl presented to the emergency department with sudden onset lower abdominal pain and associated nausea, vomiting and anorexia. She was afebrile and very tender in her right lower quadrant without peritonism. Her inflammatory markers were normal and pelvic ultrasound revealed a markedly enlarged right ovary (115cc) with no convincing internal vascularity and a thickened, hyperechoic fallopian tube. Comparatively, the left ovary had a volume of 8.6cc. Urgent gynaecological review was requested.

## Results:

Emergency laparoscopy revealed a significantly enlarged, oedematous right ovary and fallopian tube that was twisted four times. No ovarian cyst was identified and therefore the decision was made to detort and de-bulk the ovary with approximately 25% being removed. Histopathology of the partial right oophorectomy confirmed benign changes consistent with torsion. Post-operatively, the possibility of recurrence was discussed and the potential need for oophorepexy if a repeat torsion occurred.

## Discussion:

This case highlights the importance of maintaining a high index of suspicion for ovarian torsion in presentations of acute, severe abdominal pain, even if the patient has not started menarche. The preferred approach to treatment is often conservative, involving detorsion of the affected ovary. This conservative approach aims to preserve ovarian function and fertility amongst cases with a low suspicion for malignancy<sup>1</sup>. Understanding of the long-term effects of partial oophorectomy, particularly prior to child-bearing age is limited.

## References:

1. Aljohani, M., Aljahany, M., Elbasheer, S. (2021). Premenarchal Adolescent Female Ovarian Torsion: A Case of Delayed Diagnosis. *American Journal of Case Reports*, 22, e932245. <https://doi.org/10.12659/AJCR.932245>



Intraoperative images of right-sided ovarian torsion