Case Report - Non Ossifying Fibroma of Tibia

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Abstract: Nonossifying fibroma [NOF] is developmental defect usually found in the metaphysis of long bones in the lower extremity. Radiographically, it is well delineated multi or uniloculated lesions with sclerotic margins. It is commonly found in children and adolescents, nonossifying fibromas are the most common fibrous bony lesion. Therefore, it is important to recognize the clinical and radiographic characteristics of this benign lesion. A case of nonossifying fibroma is presented here successfully treated with curettage and bone grafting.

Keywords: Fibroma, Tibia.

Case Report

19 years old college girl reported with complaints of slow growing painless swelling over her right proximal leg. Swelling was slowly progressing size for 4 years. Patient noticed mild pain over the anterior aspect of right tibia since 2 months. Personal and family history was unremarkable. Swelling was approximately 2×3cm in size over a right proximal leg; swelling was tender, with well defined margins and edges, firm in consistency. Overlying skin was normal in color and texture. No lymphadenopathy or distal neurovascular defect noted. Other orthopaedic examination was unremarkable. Radiograph of affected leg showed osteolytic lesion anterior aspect proximal 1/3 of right tibia. Lesion was eccentric and surrounded by sclerotic margin. MRI also showed benign expansile eccentric lesion with sclerotic margin s/o nonossifying fibroma. Other hematological investigation was normal. Patient was posted for surgery for curettage and bone graft. Window was made and yellowish cheesy material curetted. Bony defect was filled by autogenous cortical. Bone graft from fibula of same leg and cancellous graft from iliac crest. Sample was sent histopathological examination.
S/o the tissue revealed sheet and whorl of spindle shaped connective tissue cell. The cellularity varied & sparsely scattered throughout the lesion were small irregularly shaped multinucleated giant cell. Small aggregates of heamosiderin pigment were also present; it is s/o Non ossifying fibroma.

Post operative period was uneventful. Patient was advised non weight bearing for 2 months. After 1 month follow up x-ray (Fig no 7) s/o signs of healing. Progressive follow up x rays showed signs of consolidation (Fig no 8 and 11) and patient is walking with full weight bearing after 3 months (Fig. no 9and10).

**Discussion**

Non ossifying fibromas (NOFs) are nonaggressive fibrous lesions of bone. NOFs are considered to be developmental defects and to be nonaggressive. They were first described by Lichtenstein and Jaffe in 1942 [2], and they typically occurred within the metaphysis of growing long tubular bones in children, most commonly around the knee. NOFs are asymptomatic, small (<3 cm), eccentrically located, metaphyseal cortical defects; most of these spontaneously disappear. While these lesions also can heal spontaneously (with reactive bone filling in the central lucent fibrous tissue component), they can also persist, with interval growth that continues into adulthood. Typically, fibromas are asymptomatic. However, the larger lesions may become symptomatic, with a risk of pathologic fracture. Steiner suggested that these lesions are secondary to cellular proliferation due to aberrations in local development.[3] NOFs are composed of spindle-shaped fibroblasts that are oriented in a cartwheel or storiform whorled pattern, with scattered giant cells (osteoclastlike multinucleated cells), foam (xanthoma) cells, and small amounts of collagen. Foam cells occur in 30-50% of cases and are more common in older lesions. Abundant hemosiderin in the cytoplasm of the fibroblast cells has been noted; cholesterol crystals also have been identified. At histologic analysis, no mitosis or pleomorphism is present to suggest malignancy. Approximately 90% of cases lesions involve the tubular long bones [4,5]. Common sites include the femur (most commonly the distal femoral metaphysis [38%]), the proximal and distal tibia (43%), and the knee (55%); most lesions occur around the knee [6]. The tibial diaphysis is involved in only 10% of cases. The fibula is affected in 8-10% of cases, as noted in one series at the Armed Forces Institute of Pathology (AFIP). Non ossifying fibromas are uncommon in the upper extremity; however, of those reported in the literature, 8% were in the humerus, and both radial and ulnar lesions were rare. Less common sites include the innominate bone, clavicle, skull, scapula, mandible, and small bones of the hands and feet. Typically, lesions are metaphyseal and arise close to the physeal plate. The nof arises within the cortex. Lesions usually arise from the posterior wall of the tubular bone, and involvement of the medial rather than lateral osseous surface is characteristic. With healthy growth of the osseous skeleton, the lesions extend toward the shaft, and if they do not involutes and disappear, they may extend
into the diaphysis. An epiphyseal location is distinctly uncommon and has been reported only in unusual cases of multifocal lesions. Typically, nonossifying fibromas (NOFs) are asymptomatic and are detected only incidentally on radiographs obtained for reasons other than the evaluation of NOFs[7]. Although these are most commonly solitary lesions, multiple lesions have been described. The presence of extra skeletal congenital anomalies (eg, café-au-lait spots, mental retardation, hypogonadism or cryptorchidism, ocular abnormality, cardiovascular malformations) in association with multiple nonossifying fibromas constitute the clinical and radiologic spectrum known as Jaffe-Campanacci syndrome, which was first reported in 1983[8,9]. In one series, Moser et al also noted that the coexistent osteochondromas can be present[10]. Plain radiographic findings are virtually diagnostic of nonossifying fibromas; most of these lesions have a characteristic location and appearance. If a discrepancy in appearance or age or an atypical associated symptom is present, advanced imaging (usually computed tomography [CT] or magnetic resonance imaging [MRI]) can be performed[11,12,13]. Treatment is usually unnecessary because healing occurs spontaneously over a period of several years. If a pathological fracture occurs across an exceptionally large lesion then curettage and bone grafting is done. This kind of tumor is neither malignant, nor aggressive, so the primary reason to treat it is to avoid a fracture, especially in athletic children. In some cases, a non-ossifying fibroma may require no treatment at all, because this condition resolves on its own over time. However, an orthopaedic surgeon may decide that an operation is warranted if a fracture has occurred or the tumor is weakening the bone, putting it at significant risk of a fracture. This may be a very difficult decision for the parents and the surgeon. The risks of surgery and the healing and rehabilitation time must be balanced against the desire to play sports and avoid fracture. There is no right or wrong answer and the decision needs to be individualized to the child. If an operation is recommended, the procedure of choice is usually curettage and bone grafting. For this procedure, surgeons make an incision in the bone to create a window. The tumor is completely curetted and the remaining cavity is then packed with donor bone tissue, bone chips taken from another bone (autograft), or other materials depending on the preference of the surgeon. The patient is usually placed in a cast or brace for six weeks and then can undergo protected weight bearing for another six weeks. It usually takes 3-6 months before a child can return to contact.

References