Endoscopic endonasal transsphenoidal approach in patients with Rathke’s cleft cyst

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Rathke’s cleft cysts are benign lesions that originate from congenital remnants of Rathke pouch. The cyst could be filled with different fluids which can affect imaging characteristics. They are frequently found on autopsy, but contrary in rare cases these lesions could exhibit symptomatic growth or present as pituitary apoplexy. 19 patients (eight females) were considered for a non-aggressive surgical strategy of partial cyst wall removal and drainage of cyst contents was performed via endoscopic endonasal transsphenoidal approach (EETA) on all patients. The anterior face of the cyst wall was excised and sent off for pathologic examination. All nineteen procedures were subtotal resections and this was defined as decompression and drainage of cyst contents and partial resection of the ventral cyst wall. Diabetes insipidus resolved for one patient as postoperative complications after six months. There were no postoperative CSF leaks and no permanent neurological or endocrine deficits and all patients had improvement of initial preoperative symptoms. The EETA as a non-aggressive strategy for partial cyst wall removal and simple drainage of cyst contents is a feasible approach for surgical treatment of Rathke’s cleft cysts. However, more aggressive strategy may be indicated in patients with repeated recurrences. Not to mention that endoscopic approach provides wide panoramic visualization to facilitate extracapsular resection with preservation of pituitary stalk and gland.

Biography
Guive Sharifi is an Associate Professor of Neurosurgery from Shahid Beheshti University of Medical Sciences, Tehran, Iran. He is a faculty member of Shahid Beheshti University of Medical Sciences. He has conducted studies in the field of neurosurgery, especially endoscopic pituitary surgery and skull base surgery. He has published about 83 scientific articles in local and international medical journals. He is also a member of the specialized association of neurosurgical societies, including the American Association of Neurological Surgeons.

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