A silent abdominal mass

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Wilms tumor constitutes the majority of renal malignancies in children making up more than 95% of cases and 10% of all Pediatrics cancers. A 6 year old girl presented with complaints of a painless swelling on the abdomen for 1 week. Besides reduced appetite she had no other constitutional symptoms. On abdominal examination, a hard mass was palpable occupying right hypochondria, lumbar and right half of umbilical region which was biannually palpable and ballotable. Routine blood tests and urine analysis were normal. Abdominal ultrasound showed a large solid homogeneous right retroperitoneal tumor. Contrasted enhanced computed tomography of the abdomen showed a huge heterogeneously enhancing tumor occupying almost the entire right kidney measuring 8.8×9.0×14.9 cm (APxWxCC) without evidence of infra vena cava thrombosis or distant metastasis. A diagnosis of Wilms' tumor was made and the parents were counseled about chemotherapy and surgery for her. They refused intervention and opted to try traditional methods of healing. After follow up visit for further counseling they agreed to proceed with chemotherapy. Patient did not present with typical symptoms of Wilms tumor like abdominal pain, anorexia or gross hematuria. 80% of patients present with an asymptomatic abdominal mass. The cure rate for Wilms tumor has been reported at more than 85% due to a multi-disciplinary approach. Survival has increased with nephrectomy and a combination of lymph nodes dissection and chemoradiotherapy. According to research in the National Wilms Tumor Study newsletter in 2007 more than 90% of cancer sufferers sought complementary and alternative medicine. The parents' main fears were of the immediate detrimental effects or chemotherapy and surgery for which they resorted to alternative medicine. Proper counseling was given to address their worries while emphasizing long term outcome if medical intervention was undertaken which convinced the parents.

Biography

Devaindran Elango has completed his Medical studies in First Moscow State Medical University in 2014. He has completed his Internship in Selayang Hospital, Selangor and is currently a Medical Officer in a government clinic in Federal Territory of Labuan in Malaysia.

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