

UPPER LIMB SOFT TISSUE SWELLING: DEMOGRAPHY AND MANAGEMENT

Ahmed Suparno Bahar Moni¹, Tunku Sara Tunku Ahmad Yahaya², Wing-Yuk Josephine Ip³

¹Universiti Sains Malaysia, ²Pusat Perubatan University Malaya, ³Hong Kong University

Introduction: Most soft tissue tumours in the upper extremity are benign in origin. Among the benign tumour's ganglion, giant cell tumour (GCT) tendon sheath, lipoma, tumours originating from nerve and vessels are common. Soft tissue sarcomas though are rare in the upper limb, rhabdomyosarcoma, squamous cell carcinoma is seen in the upper limb. A tumour more than 5 cm size is suspicious. Full investigation work out is mandatory before starting of the treatment. Imaging, Ultrasound, FNAC/true cut biopsy, MRI, Incisional biopsy should be done to confirm the diagnosis. The primary goal of treating a benign upper limb tumour is maintenance of the maximum function and appearance whereas in malignant tumors is oncologic cure. Excisional biopsy is the mainstay of treatment for benign lesions. Although limb salvage with chemotherapy and radiation is now considered the standard of care for the malignancies, there are still some instances where amputation may remain the best method for cure as overzealous functional preservation might increase the risk of recurrence.

Methodology: Upper limb soft tissue surgeries done in Bangladesh, Hong Kong, UM during the presenter's clinical attachment from January 2015 to December 2016 and in 2020 in USM were included into this study excluding the bony lesions.

Results: Total 48 soft tissue tumour or tumour like lesions were treated in three years of time. Among them 44 (91%) were benign and four (9%) were malignant. Among the benign tumours cutaneous lesions were four, ganglions were 13, lipoma were 8, nerve tumours were 5, glomous tumour 3, gouty tophi 3, vascular pseudoaneurysm 2. Among the four malignant cases two were rhabdomyosarcoma, one squamous cell carcinoma and one Malignant GCT of tendon sheath.

Conclusion: Though most upper limb tumours are benign in nature, proper preoperative work out is necessary in cases of suspicious lesions.