

## A CASE REPORT OF MULTIPLE BENIGN FIBROUS HISTIOCYTOMA

Rowena Nagentharan<sup>1</sup>, Indrarajah Asokumaran<sup>2</sup>

<sup>1</sup>Hospital Sultanah Maliha, <sup>2</sup>Hospital Tuanku Fauziah

**Introduction:** Benign fibrous histiocytoma is a neoplastic or quasi neoplastic mesenchymal soft tissue lesion with fibroblastic and histiocytic differentiation, most commonly located at dermis and subcutis of extremities.[1] It can also be found sporadically in the soft tissue and parenchymal organs which is more prevalent among male adults with a mean age of 40.[2,3] We describe herein an unusual case of BFH who developed multiple nodules over bilateral upper and lower extremities.

**Case Report:** Patient is a 48 years old gentleman, presented with multiple painless swelling over bilateral elbow, bilateral knee and right foot that has been increasing in size over 5 years. Local examinations revealed swellings ranging from 2cm to 6cm in size, nontender, firm, slightly mobile and irregular surfaces. Xrays shows no signs of infection or lytic lesions. Tissue histopathological examination revealed fibroblast arranged in storiform pattern. Thin and thick streaks of hyalinization are seen throughout the lesions.

**Discussion:** Multiple BFH is a rare occurrence. In the present case, the lesion occurred in a middle aged adult male with slow growing masses which are consistent with the features of BFH. The differential diagnosis includes neurofibroma, dermatofibroma, leiomyosarcoma malignant fibrous histiocytoma and fibrosarcoma. [4] The differentiating point between dermatofibroma and BFH is that dermatofibroma arise from deep tissues whereas BFH arise from subcutaneous tissue.[3] However, in this case, the lesions had well defined margins and showed no signs of local invasion intraoperatively. Histologically, the lesion demonstrated typical features of BFH. An excision biopsy was performed and reported as complete resection of masses over right knee and foot.

**Conclusion:** We reported the clinical and microscopic aspects of a case of BFH. Although multiple lesions are rare, BFH must be considered in the differential diagnosis of soft tissue tumors in the extremities. Studies shows local excision is the definite treatment for BFH with good prognosis.[6]