

AN UNUSUAL CASE OF UNICAMERAL BONE CYST IN ADULT

Izzul Faiz Razali¹, Mohd Karim Md Isa¹

¹Hospital Melaka

Introduction: A unicameral bone cyst is a relatively common benign lesion seen in children and adolescent in the first and second decades of life¹. Although most of them are symptomatic, some patient may present with pathological fracture and requires surgical intervention. This is a case of unicameral bone cyst causing pathological fracture of midshaft humerus in an adult.

Discussion: A 31 year old lady with no known medical illness presented to emergency department after an episode of fall at home, complaining of pain over left arm. Plain radiograph noted pathological fracture over midshaft of left humerus. MRI was subsequently done and shows benign diaphyseal bone lesion suggestive of unicameral cyst complicated with pathological fracture. Open reduction, plating of left humerus with bone grafting was done. Intraoperatively, biopsy was taken and the report came back as unicameral bone cyst. Upon follow up, bone union was seen on plain radiograph.

Conclusion: Unicameral bone cyst, although benign can be complicated with pathological fracture. Bone biopsy is crucial in order to establish diagnosis. In cases of pathological fracture requiring fixation, bone biopsy can be done in the same setting. While in children non-operative treatment is an option, active treatment outcomes for unicameral bone cyst were favorable². In adult, operative treatment is the mainstay of treatment in the presence of fracture.