

Calcaneal Intraosseous Lipoma with Cystic Transformation: A Rare Case Report

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INTRODUCTION:

Intraosseous lipomas are one of the rarest types of bone tumors. The incidence is less than 0.1% of all primary bone tumors. The differential diagnoses are unicameral bone cyst, aneurysmal bone cyst, enchondroma, GCT, chondroblastoma, fibrous dysplasia, and chondrosarcoma. The present report describes the large intraosseous lipoma, the surgical treatments, and the subsequent resolution of symptoms.

REPORT:

29 years old man came with a history of left heel pain for 1 year. The pain was insidious in onset and slowly increased in intensity, which was aggravated by weight bearing. Plain radiograph showed a well demarcated lytic lesion in the calcaneum, and MRI showed an intraosseous lipoma with cystic transformation of the left calcaneum. Patient had an operation for bone curettage of the left calcaneum, autogenous iliac bone graft, and allograft. Postoperatively, the patient was doing well and was advised to avoid weight bearing for 6 weeks.



Figure 1: Plain radiograph showed well demarcated lytic lesion



Figure 2: Intraoperative bone curettage of calcaneum

CONCLUSION:

Intraosseous lipoma is rare and reported to be less than 0.1% of all primary bone tumors (1,2). The true etiology is unknown and controversial. Some authors believe that they arise as benign primary bone tumors consisting of mature adipose tissue (1).

The lipoma should be excised using curettage and the defect replaced with a bone substitute of choice. The lesion should be sent for a histologic analysis and a definitive diagnosis. When a patient has a non symptomatic lesion, serial radiographs should be taken every 6 months to monitor the lipoma's size(3).

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