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Aneurysmal bone cysts-Does simple treatment work?

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Background:

Aneurysmal bone cysts (ABC) are benign expansile bone lesions, with an estimated incidence of 1.5/million. Treatments include a variety of procedures including detailed curettage with or without adjuvants. We observed that a number of ABCs will, Üheal, following biopsy alone and as a result of this we changed our treatment regime.

Methods:

All patients with a radiologically presumed ABC had a biopsy to confirm the diagnosis and during the biopsy samples were taken from all areas of the lesion. Following tissue diagnosis patients were reviewed at 6 weeks with new radiographs. If the lesion showed signs of healing and patients reported symptomatic improvement, they were followed up with observation only. If the lesion or symptoms progressed, they underwent definitive treatment with detailed curettage.

Results:

Two hundred consecutive patients, diagnosed with an ABC in our unit from year 2000 to the end of 2011 were included. Eighty-eight of them underwent immediate treatment following biopsy due to the size, symptoms of the lesion and risk of fracture. Hundred and two patients had a biopsy or a curopsy (a technique not described in literature) and were then observed as per the protocol above. Nine patients presented with pathological fractures and had symptomatically improved as the fracture healed. One patient had an incidental asymptomatic lesion. Of the 102 patients who had curopsy or a biopsy, 82 (80%) required no further treatment and the lesion resolved. Twenty patients had no evidence of healing at 6 weeks and underwent definitive curettage. The overall recurrence rate in these 200 patients was 15% whilst in the 88 patients undergoing definitive curettage (with or without adjuvant therapy) it was 10% (9/88).

Conclusion:

This rate of spontaneous healing following curopsy/biopsy alone needs consideration when evaluating the results of any other treatment for ABC, suggesting simple treatment strategies work for ABC.

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