

Histopathological spectrum of soft tissue tumor in tertiary care center

Sir,

Soft tissue tumors comprise a large heterogeneous group of mesenchymal neoplasms that are classified according to their normal tissue counterpart. These tumors vary in their incidence, clinical presentation, and exhibit a wide range of histomorphological features. Histopathological examination is the gold standard for the diagnosis of soft tissue tumors. It helps to predict the prognosis and thereby helps in the proper management of the patient. In the present study, we have assessed the characteristics of various soft tissue tumors based on their histomorphological features.

It was a prospective study done on 80 cases of soft tissue tumor patients operated at M.M.I.M.S.R, Mullana during the period of 2012–2015. All cases were studied in term of gross and microscopic features of histopathological diagnosis. All specimens were stained with H and E stain after prior treatment and special stains used on case per case basis. No human and animal rights have been violated in the present study.

The specimens of soft tissue tumors from 80 patients of all age groups were subjected to gross, as well as a histopathological study. Maximum number of cases recorded were benign 63 (78.2%), 5 (6.75%) cases of intermediate grade, and 12 (15%) cases of malignant soft tissue tumors were recorded, which was comparable with previous studies.^[1,2] The majority of the benign tumors were lipoma (32.5%) followed by hemangioma (10%). Males comprised of 47 cases (58.75%) of the total 80 cases. Upper extremities and head and neck were the most commonly encountered sites for benign soft tissue tumors, while the most common sites for malignant soft tissue tumors were lower extremities and abdomen [Figure 1].

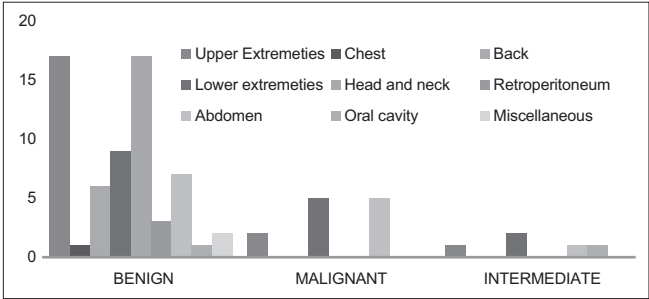


Figure 1: Site wise distribution of soft tissue tumors

Benign soft tissue tumors were mostly seen in the third decade of life, while malignant soft tissue tumors occurred most commonly after the age of 30 years.

In concordance with the previous studies, most common benign soft tissue tumor is lipoma (26 cases),^[2,3] malignant gastrointestinal stromal tumor (5 cases) comprised the majority of malignant tumor followed by undifferentiated pleomorphic sarcoma (3 cases),^[3,4] and the male: female ratio was 1.4:1.^[5,6] Presenting complaint in our study was swelling followed by pain in all the cases which is consistent with other studies like Gogi and Ramanujam.^[2] Lipoma was most common benign soft tissue tumor in our study most of them varying from 1 cm to 10 cm in size with capsule followed by hemangioma and schwannoma, similar pattern was also seen in studies by Furlong *et al.*^[6] and Bhatoo *et al.*^[7]

Soft tissue tumors manifest a wide spectrum of clinical, morphological and histological features that are important for diagnosis, management and prognosis. Therefore, this study further suggests histopathological examination as the gold standard for the diagnosis of soft tissue tumors.

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