

# AMSER Case of the Month

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### Left Lower Quadrant Abdominal Mass



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# Patient Presentation

- 30 y/o G2P1102, with hx of PCOS & caesarean deliveries presents with chronic left lower quadrant pain exacerbated during menstruation.

# Pertinent Labs

- Vitals:
  - BP 138/86
  - HR 76
  - Temp 36.9
  - RR 16
  - BMI 26.4
- Urine B-hcG: (-)

What Imaging Should We Order?

# Select the applicable ACR Appropriateness Criteria

## Clinical Condition: Left Lower Quadrant Pain

**Variant 3:** Chronic, intermittent, or low grade.

Radiologic Procedure	Rating	Comments	RRL*
CT abdomen and pelvis with oral and IV contrast	8		High
X-ray colon barium enema double-contrast	7		Med
CT abdomen and pelvis with oral IV and colonic contrast	7	Indicated when visualization of colon lumen might be helpful.	High
X-ray colon barium enema single-contrast	6		Med
CT abdomen and pelvis with colonic contrast	6		High
X-ray colon water soluble contrast enema	5		Med
US abdomen transabdominal graded compression	5		None
CT abdomen and pelvis without contrast	5		High
X-ray abdomen and pelvis	5		Low
US abdomen transrectal or transvaginal	4		None
MRI abdomen and pelvis	4		None
NUC scintigraphy abdomen and pelvis	2		IP

**Rating Scale:** 1=Least appropriate, 9=Most appropriate

\*Relative Radiation Level



# CT scan (Abd/Pelvis) Findings: Unlabeled



# CT scan (Abd/Pelvis) Findings: Labeled



Left lower quadrant  
anterior abdominal tissue  
mass. Lateral to inferior  
rectus muscle



Final Dx:

Scar Endometriosis



# Case Discussion

- **Background:**

- *Endometriosis* is defined as endometrial glands and stroma that occur outside the uterine cavity.
  - Lesions typically found in the Pelvis, but can also be seen in Bowel, Bladder, Diaphragm, ovaries (**endometrioma**), abdominal wall, etc.
- Women with endometriosis can present asymptomatic or can present during their reproductive years with pelvic pain, dysmenorrhea, dyspareunia, dyschezia, infertility, or an ovarian mass.

# Case Discussion

- **Scar endometriosis** is *endometriosis* occurring in a Cesarean section scar. Can be found in skin, subcutaneous tissue, rectus muscle/sheath, intraperitoneally, or in the uterine myometrium (within uterine scar).
- The reported incidence of abdominal scar endometriosis following Cesarean section is 0.03-0.6%.
- Treatment for *Scar endometriosis*: Surgical treatment consisting of abdominal wall incision directly over mass.

# References

- ACR Appropriateness Criteria Left Lower Quadrant Pain-Suspected Diverticulitis. (2019) Journal of the American College of Radiology, ISSN: 1546-1440, Vol: 16, Issue: 5, Page: S141-S149
- American College of Radiology ACR Appropriateness Criteria. (n.d.). Retrieved from <https://www.disnola.com/wp-content/uploads/2014/08/appropriateness-criteria-jaundice.pdf>
- *UpToDate*. (n.d.). [Www.Uptodate.Com](https://www.uptodate.com/contents/endometriosis-pathogenesis-clinical-features-and-diagnosis?search=Endometrioma&source=search_result&selectedTitle=2~41&usage_type=default&display_rank=2#H23). Retrieved November 5, 2020, from [https://www.uptodate.com/contents/endometriosis-pathogenesis-clinical-features-and-diagnosis?search=Endometrioma&source=search\\_result&selectedTitle=2~41&usage\\_type=default&display\\_rank=2#H23](https://www.uptodate.com/contents/endometriosis-pathogenesis-clinical-features-and-diagnosis?search=Endometrioma&source=search_result&selectedTitle=2~41&usage_type=default&display_rank=2#H23)
- *UpToDate*. (n.d.). [https://www.uptodate.com/contents/endometriosis-treatment-of-pelvic-pain?search=Endometrioma&topicRef=7384&source=see\\_link#H24](https://www.uptodate.com/contents/endometriosis-treatment-of-pelvic-pain?search=Endometrioma&topicRef=7384&source=see_link#H24)
- Alnafisah, F., Dawa, S. K., & Alalfy, S. (2018). Skin Endometriosis at the Caesarean Section Scar: A Case Report and Review of the Literature. *Cureus*, 10(1), e2063. <https://doi.org/10.7759/cureus.2063>