

Adrenal Mass

New technology has resulted in the detection of small masses in the adrenal glands. The challenge is to identify and treat significant lesions without undue evaluation of insignificant lesions. Significant lesions are those that produce excess hormones and those that are malignant. Malignant tumors include primary adrenal cancers or metastases (*often breast, lung, or kidney*). Most large (>6cm) adrenal masses require surgical excision to rule out cancer. Lesions <3 cm are usually benign and nonfunctional.

All lesions >1cm require endocrine evaluation to define hormonal function and serial imaging to elucidate prognostic characteristics.

MINIMUM ENDOCRINE EVALUATION TO RULE OUT EXCESS HORMONES

IMAGING CHARACTERISTICS SUGGESTIVE OF BENIGN TUMORS

Unfavorable (*atypical*) scanning features of an adrenal mass are: lipid-poor, necrotic, hemorrhagic, or calcified. No hypertension Overnight (1mg) dexamethasone suppression Urinary or plasma metanephrines With hypertension Overnight (1mg) dexamethasone suppression Urinary or plasma metanephrines Serum potassium Plasma aldosterone concentration-plasma renin activity ratio.

Unenhanced CT

- Slow doubling time if serial scans have been done
- Homogenous (*not heterogeneous*) with smooth border
- Low attenuation value.
- No follow-up recommended

MRI

- Slow doubling time if serial scans have been done
- Homogenous (*not heterogeneous*) with smooth border
- High fat content
- No follow-up recommended

If your client has a history of a adrenal mass on CT or MRI, please answer the following:

1. Please provide:

Date initially found _____

Size _____

Date of last follow-up _____

2. Please note if any of the following have occurred (check all that apply):

CT scan or MRI _____

Biopsy -- give pathology report _____

Surgery -- give pathology report _____

3. Was an endocrine evaluation done?

If yes, please give details

4. Is your client on any medications?

If yes, please give details

5. Does your client have hypertension?

If yes, please give details

6. Has your client ever had cancer?

If yes, please give details

7. Has your client smoked cigarettes or used any form of tobacco in the last five years?

If yes, please give details

8. Does your client have any other major health problems (ex: heart disease, etc.)?

If yes, please give details
