

# Urethral caruncle treated with topical estrogen ointment.

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## **Urethral caruncle treated with topical estrogen ointment.**

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Written informed consent was obtained from the patient to publish this report in accordance with the journal's patient consent policy.

### **Introduction**

The urethral caruncle is a lesion that mostly arises from the posterior lip of the urethral opening, and it is usually a benign tumor. It can occur at any age in females; however, it is a common lesion of the female urethra in postmenopausal women (1). Usually, the urethral caruncle doesn't cause any symptoms, but some patients complain of feeling a lump or discomfort at the groin or sometimes complain of bleeding from the urethral meatus. Urethral caruncle can cause dysuria and rarely cause a sensation of pressure in the vulva as well (2). Sometimes a giant urethral caruncle can cause urinary retention and it is often mistaken for pelvic organ prolapse (3). This write-up is to report a case of urethral caruncle in a perimenopausal woman treated with topical estrogen ointment.

A 38-year-old came for gynecological consultation with complaints of feeling a lump at the vulva for a 1-month duration. She noticed the lump has increased in size gradually and gave discomfort while sitting. She doesn't complain of any urinary symptoms or bleeding or discharges from the lump. On physical examination, there was a mass of 2 x 2 CM in size, seen originating from the posterior lips of the urethral opening, yellowish to pinkish in color, soft on palpation, and non-tender (figure 1). The patient did not give any history of medical disorders, not she underwent any surgical procedures on the abdomen and pelvis. Her obstetric history was uneventful. Routine hematological and biochemical tests were normal. The patient was given topical estrogen cream to apply three times daily for one month. She came after one month for a follow-up and found the lesion had resolved completely.



**Figure 1: A yellowish to pinkish mass of 2x2 CM is seen arising from the posterior lips of the urethral meatus.**

Physical examination revealed a single, 1 cm × 1 cm-sized, dark red mass that was soft on palpation, originating from the posterior lip of the external urethral meatus [Figure 1]. The lesion did not bleed on touch. The patient's obstetric history was uneventful. Routine hematological and biochemical investigations were normal. The patient was advised to apply topical estrogen cream for 4 weeks and the lesion resolved completely in 4 weeks.

### **Discussion**

The urethral caruncle is a benign lesion mostly seen in postmenopausal women. The cause of urethral caruncle in postmenopausal women is said to be due to hypoestrogenism (4). These are inflammatory nodules arising from the posterior lips of the urethral opening. It often presents as solitary nodules, sometimes, pedunculated tumors. The larger tumors might need surgical excision; however, the initial treatment of urethral caruncle is the application of topical estrogen and anti-inflammatory ointments. In the present case, the urethral caruncle resolved completely with topical estrogen ointment.

### **Consent statement**

The patient had given consent voluntarily to take clinical information and an image of her lesion to be reported in the journal. The patient was informed and made aware that her name and initials will not be mentioned in the paper.

### **Declaration statement for conflict of interest**

The author does not have a conflict of interest to declare.

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