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CLINICAL AND METABOLICAL PARTICULARITIES IN NON-SECRETORY BENIGN ADRENOCORTICAL TUMORS

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Objective: The evolution of imaging techniques has led to the frequent diagnosis of adrenocortical incidentalomas. Numerous studies have indicated that in addition to their benign character, these type of tumors often associate with metabolic disorders.

Methods: The aim of the study was to study the glycemic and lipidic serum profile in a group of patients with benign non-functional adrenocortical tumors. We conducted a retrospective case control study, collecting data from patients hospitalized in our institute. We analyzed the statistical correlations using IBM SPSS Statistics 20, between a study group of 29 patients diagnosed with nonfunctional adrenocortical tumors and a control group of 30 healthy volunteers without adrenal pathology.. We have collected epidemiological data (age,gender, weight,height) as well as specific glycemic and lipidic profile components (fasting plasma glucose, serum total cholesterol).

Results: The mean age in the study group was 50.2±10.8 years and 42.7±9.2 years in the control group (p=0.08). The body max index for the study group was 25.74±3.44 kg/m2, in contrast with 24.19±3.04 kg/m2 for controls (p=0.07). The fasting plasma glucose registered in the study group was 100.34±14.6 mg/dl in contrast with 88±7.23 mg/dl for the control group (p=0.04). Serum total cholesterol was 190.48±34.44 mg/dl for study patients and 171.8±24.97mg/dl for controls (p=0.02).

Discussion: The results of the study are limited due to the small number of patients and further studies are needed to confirm the informations.

Conclusions: We identified statistically significant differences regarding fasting plasma glucose and total plasma cholesterol but not in terms of age and body mass index between the two groups. Patients with non-functional benign adrenal tumors have more frequent glycemic disorders and hypercholesterolemia compared to a control group without adrenal pathology.