

# Pulmonary benign metastasizing leiomyoma (PBML) – A rare cause of lung tumor

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## ABSTRACT

**Introduction:** Benign metastasizing leiomyoma (BML) is a rare disorder that usually occur in premenopausal women with uterine leiomyoma. The commonest metastasis site is the lungs. Diagnosis and treatment are challenging and there is no standardized treatment for BML. **Case Description:** We report a case of a 66-year-old menopausal lady who presented to Sarawak General Hospital in October 2021 for Covid-19 infection, with incidental finding of pulmonary benign metastasizing leiomyoma (PBML). She experienced one-year history of weight loss. Chest X-ray on admission revealed a solitary right lung nodule (2 x 2cm). CT thorax revealed a right perihilar lesion with multiple smaller lung nodules. Tuberculosis was excluded. The histopathology result of lung biopsy surprisingly showed spindle cell neoplasm with smooth muscle differentiation. There was no palpable abdominal mass. Ultrasound showed irregular endometrial mass about 3.9 x2 cm. Repeated CT thorax and abdomen in April 2022 showed the lung lesion has enlarged to 4 x 4 cm. Patient is planned for a hysterectomy and bilateral salpingo-oophorectomy following a multidisciplinary meeting among Respiratory Physician, Oncologist and Gynae-oncologist. **Discussion:** Benign metastasizing leiomyoma is rare and not well understood. It usually occurs in premenopausal women with history of myomectomy or hysterectomy. Only few cases have been reported among postmenopausal women without prior history of leiomyoma. Lung biopsy is crucial in excluding serious causes such as malignancy and achieving the correct diagnosis. As there is no established treatment and monitoring guideline, treatment should be individualized and guided by a multidisciplinary team.

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# Vitamin D status in pelvic organ prolapse patient and the effects that occur when given vitamin D therapy: A systematic review

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## ABSTRACT

**Introduction:** Most cases of pelvic organ prolapse still prefer the use of pessaries to surgical methods. Currently, additional therapy is needed to help treat or prevent pelvic organ prolapse because this case will significantly affect women's long-term quality of life. This paper systematically evaluates the status and effects of vitamin D on pelvic organ prolapse. **Methods:** A systematic review and meta-analysis was conducted through the PubMed, Google Scholar, Cochrane library and ScienceDirect databases using a combination of the Medical Subject Heading (MeSH) terms and relevant keywords. The arrangement follows the PRISMA guidelines. **Results:** Most studies confirm vitamin D deficiency is common in postmenopausal women and is associated with pelvic organ prolapse. Varied results were found for the association of serum 25-Hydroxyvitamin D3 with the levator ani and gastrocnemius soleus muscles. The administration of vitamin D3 were associated with a decreased risk of pelvic floor disorders. Although the doses used varied, no side effects were found. **Conclusions:** Vitamin D provides a promising effect in preventing and treating vitamin D deficiency in women with pelvic organ prolapse. This study recommends conducting further research on the appropriate dose of vitamin D in the prevention and management of pelvic organ prolapse