

Introduction

Disorders of fatty tissue metabolism and body contour are frequently described in the literature. Several different syndromes have been ascribed to recurring characteristics of fatty deposition with similar underlying etiologies. These syndromes can generally be classified into the lipomatoses (abnormal accumulations of fat) and the lipodystrophies (abnormal fat atrophy). We described a single case of Benign Symmetrical Lipomatosis (BSL) which is a rare metabolic disorder of fatty accumulation.

Case Report

A 27 year old lady presented with isolated symmetrical lipomatosis of the soft tissue overlying the trochanters for few years. Slowly growing in nature. She had no history of sudden weight gain. She concerned about her aesthetic appearance and had low self-esteem when in public. She had no family history of similar disfigurement and no underlying comorbidities.

Clinical Finding

From the examination, revealed flabby abdomen, bilateral hips and thighs of large lipomatous accumulation which was soft, not fixed to underlying tissue and painless.

Radiological Finding

The Magnetic Resonance Imaging (MRI) confirmed fat deposition.

Management

She was successfully treated with liposuction procedure and was satisfied with the outcome. In our case, no recurrence reported post-operatively.



Figure 1. Anterior view. Before (Left) and After (Right)



Figure 2. Left lateral view. Before (Left) and After (Right)



Figure 3. Right lateral view. Before (Left) and After (Right)

Discussions

- BSL is a rare metabolic disorder of fatty accumulation, characterized by the presence of diffuse, non-encapsulated fatty accumulations usually involving the head, neck, upper trunk, abdominal, lumbar, and thigh areas. The masses are symmetrical and painless. The tumors are considered benign, with only 1 reported case of malignant degeneration.
- Lower body lift significantly reduced dismissive body ratings and increased long-term feelings of attractiveness and self-esteem, and significantly reduced discomfort associated with excess skin. The procedure enhanced their physical wellbeing, even years after surgery. There is a limitation of cosmetic plastic surgery procedures despite patients desires.
- Patients with Body Dysmorphic Disorder (BDD) often seek surgical correction of "deformities". Estimated 26-40% of them have undergone cosmetic surgery. Over 84% were satisfied or very satisfied with the result. 85% would undergo the same treatment again and 94% of the patients would further recommend their operations.

Conclusion

Diagnosis of BSL is predominantly clinical characterized by a symmetrical distribution of large, soft and non-tender lipomata. Social stigma is an important aspect of the disease and aesthetic surgery can restore a patient to 'normal' life. Therefore pre-operative assessment, identification and screening of patients with BDD should be carried out.

References

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