

[PICTURES IN CLINICAL MEDICINE]

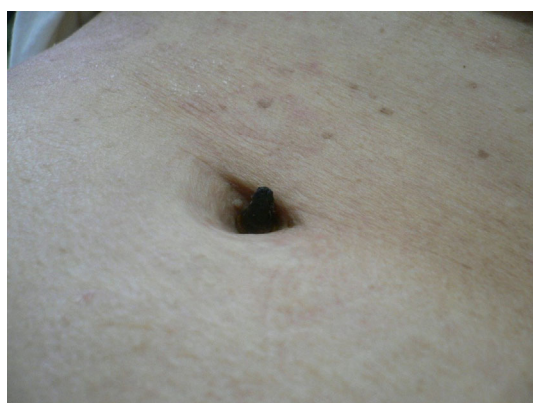
An Umbilical Mass in a 76-year-old Woman

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Picture 1.



Picture 2.

A 76-year-old woman visited an outpatient clinic after noticing a non-tender, dark, verrucous, hard mass in her umbilical fossa (Picture 1). Ultrasonography showed a heterogeneous, hypochoic, avascular mass. There was no abnormality around the umbilicus or in the abdomen. Olive oil was applied to the mass and it was extracted using a forceps (Picture 2). The mass was identified as an omphalolith.

Omphaloliths are rare benign lesions that harden like stones due to the accumulation of keratin and sebum in the umbilical fossa (1). They are caused by poor hygiene and tend to occur in obese individuals and individuals with deep umbilical fossae (1). They may cause umbilitis, skin ulceration, abscesses, and peritonitis (1, 2). The differential diagnosis includes urachal sinus, umbilical endometriosis, keloids, malignant melanoma, and Sister Mary Joseph's nodule (1, 2). The stone should be extracted with a forceps after

being softened with glycerin, olive oil, or saline (1). Patients should therefore be carefully advised on the importance of personal hygiene.

The authors state that they have no Conflict of Interest (COI).

References

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