Saccular Cyst of the Larynx: A Case Report with Review of Literature

Sapna Nambiar\textsuperscript{a}, Jasmine AM\textsuperscript{a}, John Mathai\textsuperscript{a}

a. Department of ENT, Government Medical College, Kottayam

ABSTRACT

Saccular cyst of the larynx is an uncommon laryngeal anomaly that has undergone evolution over the years owing to advances in diagnostic and treatment modalities. These lesions should be fully evaluated and surgically excised as they can mimic or be associated with other more serious laryngeal pathology including carcinoma of the larynx. This article aims at an update in the management of saccular cyst of the larynx with review of literature.

Keywords: Saccular cyst, Larynx

INTRODUCTION

The laryngeal saccular cyst is an unusual anomaly that can mimic or be associated with other more life threatening conditions.\textsuperscript{1} The symptoms commonly include hoarseness, muffled voice, dyspnoea or appearance of a neck mass. The laryngoscopic examination usually reveals a smooth bulge in the false vocal cord area which can compromise the airway with increasing size. However a high index of suspicion, prompt recognition and appropriate treatment early in the course of patient's disease helps prevent serious complications and morbidity. We present a patient with laryngeal saccular cyst wherein the early diagnosis and radiological assessment enabled effective treatment.

CASE REPORT

A 64 year old male presented with a 6 months history of change of voice. He had no symptoms of dyspnoea, dysphagia, odynophagia or neck mass. He had no prior history of laryngeal trauma or vocal abuse. He was a chronic smoker having a 36 pack year smoking history.

On clinical examination he had breathy dysphonia. There were no palpable neck masses or cervical lymphadenopathy. Indirect laryngoscopy revealed a globular mass with a smooth surface arising from the anterior aspect of the right laryngeal ventricle protruding into the airway and obliterating the visualisation of the right vocal cord. The left vocal cord was normal but due to the mass the complete adduction of the vocal cords was not possible thereby resulting in a phonatory gap responsible for the breathy dysphonia.

The patient was advised contrast enhanced CT scan of the neck which also revealed a relatively well defined, mildly enhancing soft tissue density lesion noted in the right paraglottic space in sub mucosal location, with no evidence of extension into soft tissues of the neck. The provisional diagnosis of a benign laryngeal mass was considered and fitness obtained for direct microlaryngoscopy and excision under general anaesthesia.

Under general anaesthesia a direct rigid laryngoscope was introduced and the cystic mass was removed completely under visualisation with adjacent part of the mucosa of the ventricle. The specimen was sent for Histopathological examination. The postoperative recovery was uneventful. Tracheostomy was kept as a standby procedure but the need for same averted using small endotracheal tube during surgery and with postoperative steroids. Histopathological examination revealed a benign epithelial cyst with no evidence of malignancy. Hence a final diagnosis of saccular cyst of larynx was made.

DISCUSSION

The laryngeal saccule is a narrow prolongation of the ventricle, extending superiorly between the false vocal fold and the lamina of the thyroid cartilage.\textsuperscript{2} It is lined by ciliated respiratory epithelium, contains mucous glands and its function is the lubrication of the vibrating vocal folds. A saccular cyst of the larynx is a mucous filled dilatation of the laryngeal saccule which
Saccular cyst of the larynx although uncommon can mimic other types of more common laryngeal anomalies and should be included in the differential of any laryngeal mass. Thorough clinical and radiological assessment is important in evaluating and treating this condition, as strong evidence supporting the association with carcinoma exists. Once recognized early in the presentation, they can be effectively and safely treated with current endoscopic techniques.

END NOTE

Author Information
1. Dr. Sapna Nambiar, Assistant Professor in ENT, Department of Otolaryngology Head & Neck Surgery, Government Medical College, Kottayam
2. Dr. Jasmine AM, Postgraduate Resident in ENT, Government Medical College, Kottayam
3. Dr. John Mathai, Professor in ENT, Department of Otolaryngology Head & Neck Surgery, Government Medical College, Kottayam

Conflict of Interest: The authors declare that they have no conflict of interest.

Editorial Comments: Saccular cyst of the Larynx is described as an unusual cyst with a lot of features that mimic or co-exist with other life threatening conditions. The case report is presented with review of literature.


REFERENCES