Controversies of clinical findings in a pineal cyst in a 10 years old girl

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Introduction. The pineal gland (epiphysis) is a small endocrine structure situated in the middle of the human brain (epithalamus), being the major site of the melatonin secretion. A pineal gland cyst (a fluid-filled body) is usually a benign tumor, less than 5 mm, discovered by MRI or frequently after death.

According to the National Organization for Rare Disorders, pineal cysts larger than 5 mm are “rare findings”, are considered a rare disorder and are possibly symptomatic.

Clinical case.

Female patient aged 9 years and 10 months, hospitalized in IOMC in April 2015 for the following clinical symptoms: headaches in frontoparietal area, autism like syndrome, behavior problems, vomiting, polyuric-polydipsic syndrome, onset 3 months ago.

History febrile seizures at the age of 1 year (2 épisodes), registered at a Pediatric Psychiatry Hospital Unit, until the age of 7, with Asperger-Syndrom disorder, with good recovery under treatment and psychotherapy.

Clinical examination W=42,8 kg, H=139,5 cm, normal cardiovascular and digestive system, signs of puberty onset.

Investigations: Normal thyroid and adrenal function, sexual développement, according to the chronological age.

Water balance-- ingestion = 3000 ml/24 hours, diuresis =2000ml/24 hours

Acute dehydration test with water restriction and vasopressine hormone determination excluded central and nephrogenic diabetes insipidus.

The diagnosis was oriented to dipsogenic diabetes insipidus

Psychological and neurological examination: emotional and behavioral immaturity; movement inability; progressive development disorder partially recoverable by behavioural therapy, frontal headache.

EEG: normal aspects according to age, without pathological elements spontaneously or by stimulation.

Brain MRI: pineal cyst, size 8 mm, small liquid accumulations in the left mastoid cells; pharyngeal tonsils hypertrophy.

Neurosurgical evaluation: Small pineal cyst without surgery indication. It is recommended the clinical followup with annual MRI examination

Conclusions

- The clinical aspects of the pineal cyst are not characteristic; they depend on the tumor size, which can compress different brain structures.
- The clinical symptomatology of the case report is not linked to the epiphysal cyst described on MRI.