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Bronchogenic Cyst: Report of A Case and Review of Literature

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Introduction: Bronchogenic cyst is a benign congenital aberrant budding of the bronchopulmonary foregut during the embryonic development. It may be located in the mediastinum or pulmonary parenchyma, and rarely in extrathoracic locations. Mostly diagnosed incidentally, the majority of the cases are asymptomatic. Once the diagnosis is made, the treatment of choice is surgical resection of the cyst. We would like to report on a 55 year-old male case of bronchogenic cyst.

Case Presentation: A 55 year-old male patient applied to our Physiotherapy and Rehabilitation Department due to neck and back pain. Radiological examination revealed cervical disc herniation at the C5-6 and C6-7 levels in cervical x-rays, and a rounded opacity at the right lower zone in chest x-ray. Further radiologic examination of the mass with chest computed tomography revealed a cystic lesion in the right lower anterior mediastinal region with 67X45 mm dimensions. The patient underwent right posterolateral thoracotomy and the cyst was resected with success on April the 25th, 2018. The pathological examination of the specimen revealed bronchogenic cyst. The patient is free of any complaints since the operation.

Conclusion: Bronchogenic cyst develops as an abnormal alteration in differentiation of the foregut during the embryonic phase. Although mostly asymptomatic, some cases may present with symptoms including chest pain, fatigue, shortness of breath, and rarely cough. The diagnosis is usually made following radiological examinations such as x-rays and computed tomography. The cases may be diagnosed at any age, and may be of either gender. Following diagnosis the patients are offered surgical treatment as complete removal of the cyst leads to cure. We surgically removed the incidentally diagnosed bronchogenic cyst located in the lower anterior mediastinum without any complications, and the patient had no complaints within the 10 months since the operation. We believe that complete removal of bronchogenic cysts most likely results in complete cure, and shall be offered to patients as soon as the diagnosis is made.

Keywords: Bronchogenic cyst, mediastinum, surgery