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ТЕРАТОМА: ТИПЫ, СИМПТОМЫ, ПРИЧИНЫ, ЛЕЧЕНИЕ

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Медицина часто сталкивается с удивительными явлениями, происходящими в нашем организме, в том числе с редкой разновидностью опухолей – тератомой. Для врача поставить диагноз редкого заболевания крайне сложно, особенно, при недостатке знаний и опыта. Недостаточная осведомлённость о своем диагнозе пугает пациентов, поэтому знание о таком феномене, как тератома, важно и полезно каждому.

Ключевые слова: редкая опухоль, тератома, зрелая, незрелая, локализация.

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TERATOMA: TYPES, SYMPTOMS, CAUSES, TREATMENT

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Medicine often encounters amazing phenomena that occur in our body, including a rare type of tumor – teratoma. It is extremely difficult for a doctor to diagnose a rare disease, especially with a lack of knowledge and experience. Insufficient information about the diagnosis scares patients, so knowledge about such a phenomenon as teratoma is important and useful to everyone.

Keywords: a rare tumor, teratoma, mature, immature, localization.

This topic is relevant because our body is a big mystery, and medicine is the key to solve it. In the context of such a rare disease as a teratoma without knowing all aspects of the occurrence, symptoms and treatment, doctors will not be able to make the correct diagnosis, therefore they will not be able to cure the patient.

The aim

The aim of the work is to tell future doctors and potential patients about the occurrence, symptoms and treatment of a rare type of tumor- a teratoma to increase their knowledge.

The study is based on the analysis of medical articles on teratomas on the website of medical literature on surgery.

A teratoma is a rare type of the germ cell tumor, forming in reproductive cells that can produce eggs or sperm. Teratomas are also seen in newborns, children, and young adults. The most common sites for teratomas are the [ovaries](#), the [testes](#), and the tailbone in babies. A teratoma may also be formed in the neck and chest. A teratoma can contain many types of tissue because they are produced by cells that can form all three germ layers of an embryo (ectoderm, mesoderm, and endoderm). These tumors contain fully formed tissues and organs such as skin, teeth, muscle, bone and hair.

Types of Teratomas

Teratomas are classified as mature or immature. Mature teratomas start out as noncancerous but can become cancerous if not treated. They are often diagnosed before birth or in newborns.

They can be found in the testes or ovaries of adolescents or young adults. Mature teratomas may form and grow inside the body. This can cause compression of the internal organs. They can also grow on the outside of the body. These are more likely to be identified on an ultrasound. Mature teratomas can be:

1. solid;
1. cystic;
2. mixed.

Around 1% of all teratomas is immature. This type of teratomas is cancerous. Immature teratomas are most likely to be found in the ovaries of females or testes of males.

Teratomas by their location in the body can be:

1. cervical;
2. mediastinal;
3. sacrococcygeal;
4. ovarian;
5. testicular.

Causes

During fetal development, cells start to differentiate and migrate to different areas of the body. Teratomas are caused by the problem with the cell differentiation process. That's why a teratoma contains tissues that belong to other parts of the body.

Symptoms

Teratoma symptoms vary based upon the size and location of the tumor. In many instances, the tumor may be visible. Tumors that aren't visible might be felt under the skin. For example, testicular teratomas can cause lumps or swelling felt or seen in the testicle. Patients may experience abdominal or pelvic pain, and sometimes notice the effects of hormonal changes: an irregular menstrual cycle or abnormal hair growth. Teratomas can cause weakness in the legs, painful or difficult urination, constipation as well as abnormal lab results:

1. High Levels of Alpha-Fetoprotein. If you're pregnant and your fetus has a teratoma, you may have elevated levels of this protein in your blood.
2. High Levels of Beta-Human Chorionic Gonadotropin. B-HCG is rarely elevated due to a teratoma.

In newborns, neck and mediastinal teratomas can make breathing difficult and disrupt heart function.

Diagnostic tests that can help uncover teratomas include:

1. biopsy;

2. x-ray;
3. blood tests;
4. magnetic resonance imaging;
5. computed tomography scan;
6. ultrasound.

Teratomas may be diagnosed after birth if they cause symptoms such as lumps or swelling. Lumps indicating ovarian teratomas are sometimes discovered during gynecological exams. Teratomas may remain undiagnosed until they cause symptoms, such as pain.

Treatment

Teratomas must always be surgically removed. Mature teratomas can be disfiguring, and very large in size. Even though they're not malignant, they can cause devastating outcomes in newborns when not treated. Mature teratomas can also become cancerous over time. If a teratoma is diagnosed during pregnancy, you'll have sonograms often to assess the growth and size of the teratoma and its impact on your baby's health. In some instances, fetal surgery may be done to drain fluid from the teratoma, but usually the teratoma will be surgically removed immediately after birth. When teratomas occur in the ovary, surgical removal is required. Mature ovarian teratomas are treated by removing part or all of the ovary. Treatment for immature (cancerous) ovarian teratomas often includes chemotherapy as well as surgery. The stage of your tumor will determine the type of treatment you need. Mature and immature testicular teratomas are typically treated with an orchiectomy. Cancerous tumors may also require chemotherapy after surgical treatment.

Conclusion

The symptoms, occurrence, and types of teratomas vary widely and depend on the location and characteristics of the tumor. Different types of teratomas can be present with different symptoms, such as pain, organ disfunction, malaise, and others. The occurrence of teratomas is usually associated with abnormal development of the embryo.

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