

A rare presentation of uterine torsion

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Objective

To report a rare presentation of a gynaecological emergency: uterine torsion secondary to a large fibroid.

Case description

- 34-year-old premenopausal, nulliparous female with BMI 46 kg/m², on day 14 of her menstrual cycle.
- Sudden onset severe generalised abdominal pain which started on mild exertion, associated with anorexia and nausea.
- Known large pedunculated fibroid, measuring 17.0 x 11.0cm, for which an elective myomectomy had been delayed due to the COVID-19 pandemic.
- On examination, the uterus was mobile and enlarged with tenderness over the fundus. Speculum examination was normal.

Investigations

- During admission her C-reactive protein increased suddenly to 557mg/L [0-4mg/L]*. Pregnancy test was negative.
- Magnetic Resonance Imaging (MRI) demonstrated a distorted, twisted configuration of the uterus suggestive of uterine torsion. It also revealed interval enlargement of the fibroid to 23.6 x 14.1cm.

* Normal values are in square brackets

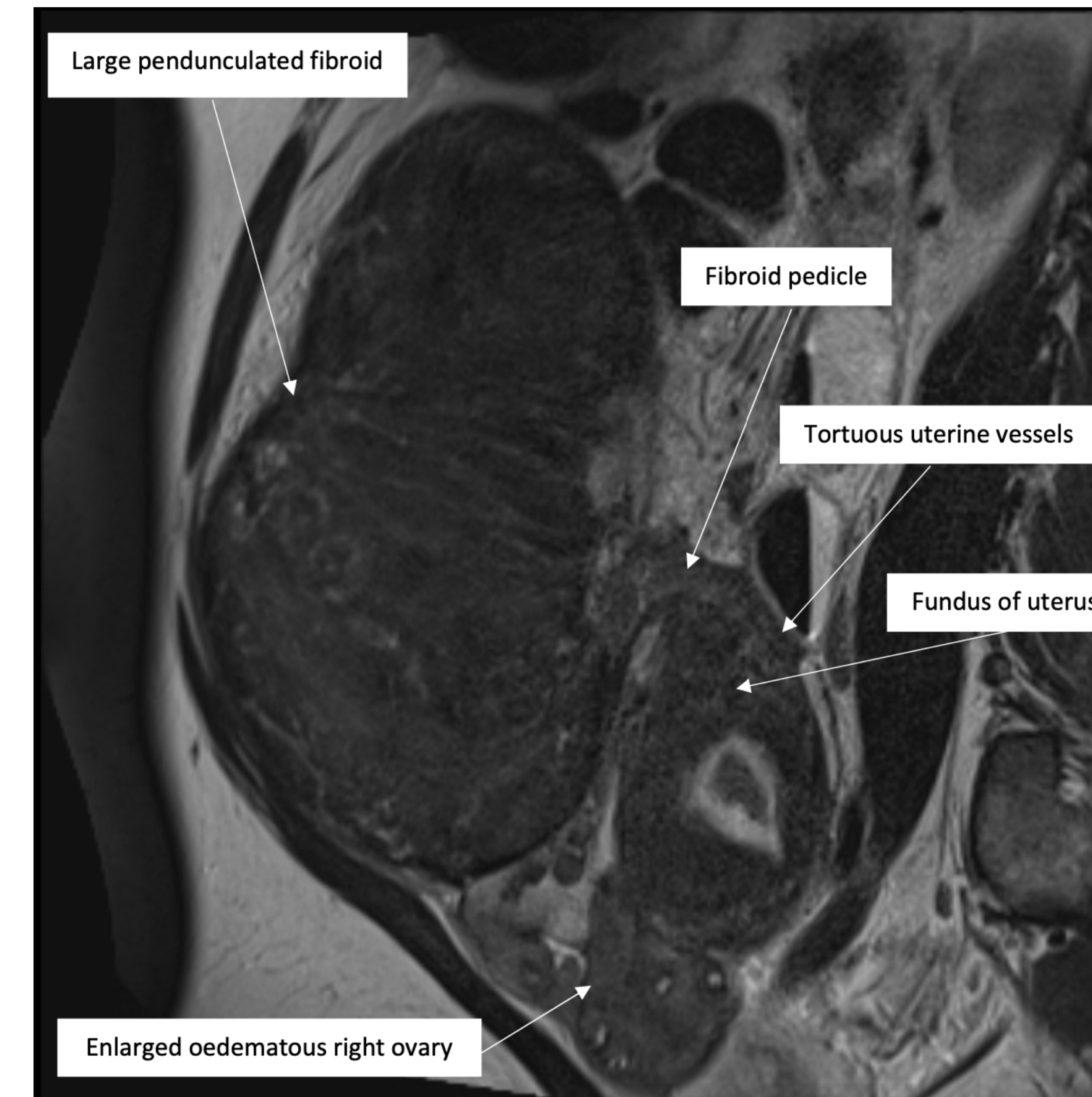


Figure 1: Sagittal T2-weighted MRI image

Intervention

- Emergency laparotomy revealed torsion of the uterus by 720 degrees on the isthmus.
- Myomectomy was performed and pelvic organs were detorted and conserved.
- There were no immediate postoperative complications.
- Histopathology confirmed a leiomyoma.

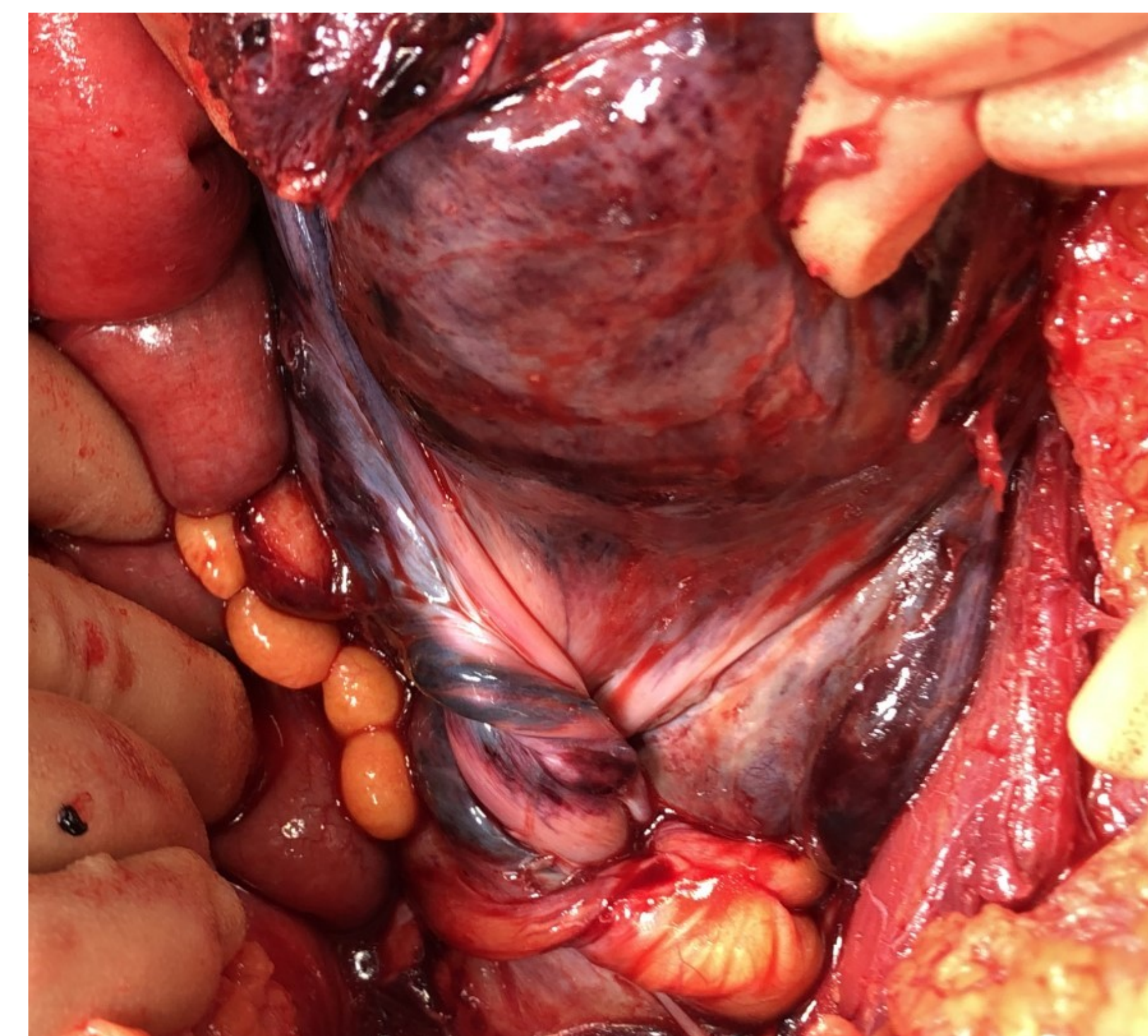


Figure 2: Torted uterus seen at laparotomy

Follow up

- At 10 weeks postoperatively, transvaginal ultrasound scan demonstrated absent vascularity above the cervix.
- Anti-mullerian hormone was reduced at <0.2pmol/L [4.1-58.0pmol/L]*.

Discussion & Conclusions

- Uterine torsion remains rare, but timely diagnosis is vital for life and organ saving surgery.
- Patient-centered considerations weighed strongly in the decision to conserve the uterus and ovaries in this case, where fertility preservation was a priority.
- Interval imaging and postoperative hormone levels suggest that uterine torsion will have long-term implications for her menstrual cycle and fertility, highlighting the challenges of decision-making in rare pathologies.
- This case exemplifies the wider secondary impact of COVID-19 on health services.

Acknowledgements

We would like to thank the patient for giving consent to share her images and discuss her case.

References

1. Trowsdale Stannard M, Whittaker M, Abdul Aziz N, Cloke B, Diab Y, Gaughran J et al. The twisted uterus: A rare presentation of uterine torsion. Journal of Case Reports and Images in Obstetrics and Gynecology. 2022;8:1.