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## An Incidental Finding of a Rare Esophageal Squamous Papilloma

Silpa Yarra, MD<sup>1</sup>, Andre Khazak, DO<sup>1</sup>, Carolina Villarroel, MD<sup>1</sup>, Ian Cohen, MD<sup>2</sup>

<sup>1</sup>Department of Medicine, Mount Sinai Beth Israel Medical Center. Icahn School of Medicine at Mount Sinai. New York, NY.

<sup>2</sup>Division of Gastroenterology, Mount Sinai Beth Israel, Mount Sinai West, and Mount Sinai Morningside. Icahn School of Medicine at Mount Sinai. New York, NY.

### Introduction

Benign esophageal squamous papillomas are rare and incidentally discovered on endoscopy with an estimated prevalence of <0.01%.

Etiology is thought to be secondary to mucosal irritation secondary to chronic GERD or esophagitis.

We present a case of a 70-year-old man who presented with chronic diarrhea, ultimately found to have an incidental, benign, esophageal squamous papilloma of the mid-esophagus on endoscopy.

### Case

A 70-year-old male with a history of prostate adenocarcinoma, colonic polyps, and CKD3 presented as an outpatient for evaluation of chronic, intermittent, diarrhea for 2 months. He reported up to 5 daily episodes of loose stools.

The patient reported surgical resection of prostate adenocarcinoma requiring antibiotic therapy, last dose 3 months prior to presentation.

His last colonoscopy 5 years ago required colonic polyp resection and he was due for repeat colonoscopy during presentation.

Vital signs, physical exam, and labs were unremarkable. Fecal calprotectin, fecal fat, and tissue transglutaminase/IgA were all within normal limits. C.diff testing was negative.

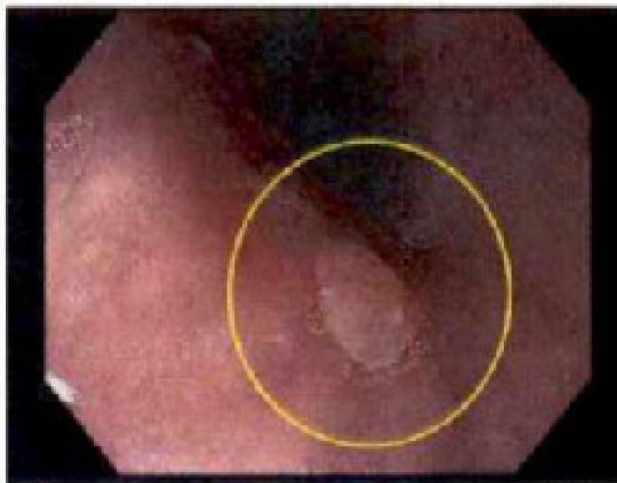


Figure 1: Endoscopy revealing an inflamed, wart-like, exophytic mass in the mid-esophagus.

### Case Continued

The patient underwent an upper endoscopy and colonoscopy.

During endoscopy, an inflamed, wart-like mass was found in the mid-esophagus (Figure 1) and excised.

Pathology of the esophageal mass revealed an inflammatory squamous papilloma of the esophagus. Biopsies from gastric and fundic mucosa revealed *H. pylori* gastritis.

He was subsequently treated for *H. pylori* infection.

### Discussion

An esophageal squamous papilloma is an incidental and extremely rare finding found on endoscopy.

The endoscopic appearance is usually a wart-like exophytic mass located in the mid-distal esophagus as seen in our patient.

After discovery and excision, further surveillance is not required given the benign nature of these lesions.

Few cases of the carcinomatous transformation of large, symptomatic esophageal papillomas have been reported.

Upon identification of esophageal masses suspicious for squamous papilloma, it is important to fully excise and biopsy these lesions to prevent symptom development.