

Learning Objectives

- Abnormal presentation of an already rare colonic tumor
- To improve awareness and ability to recognize Vanek Tumors during colonoscopy

Introduction

- Vanek's Tumors, otherwise known as Inflammatory fibroid polyps, are a rare type of benign tumor representing less than 0.1% of all gastric or small bowel polyps
- Most of these tumors are smaller than 15mm and are usually asymptomatic; however, if the lesion is large or symptomatic with bleeding, chronic anemia, or gastric outlet obstruction, surgical resection can be performed
- This case adds to the scarce literature by presenting an asymptomatic 49-year-old gentleman who was found to have a 2cm Vanek's Tumor at the hepatic flexure on routine colonoscopy for colorectal cancer screening.

Case

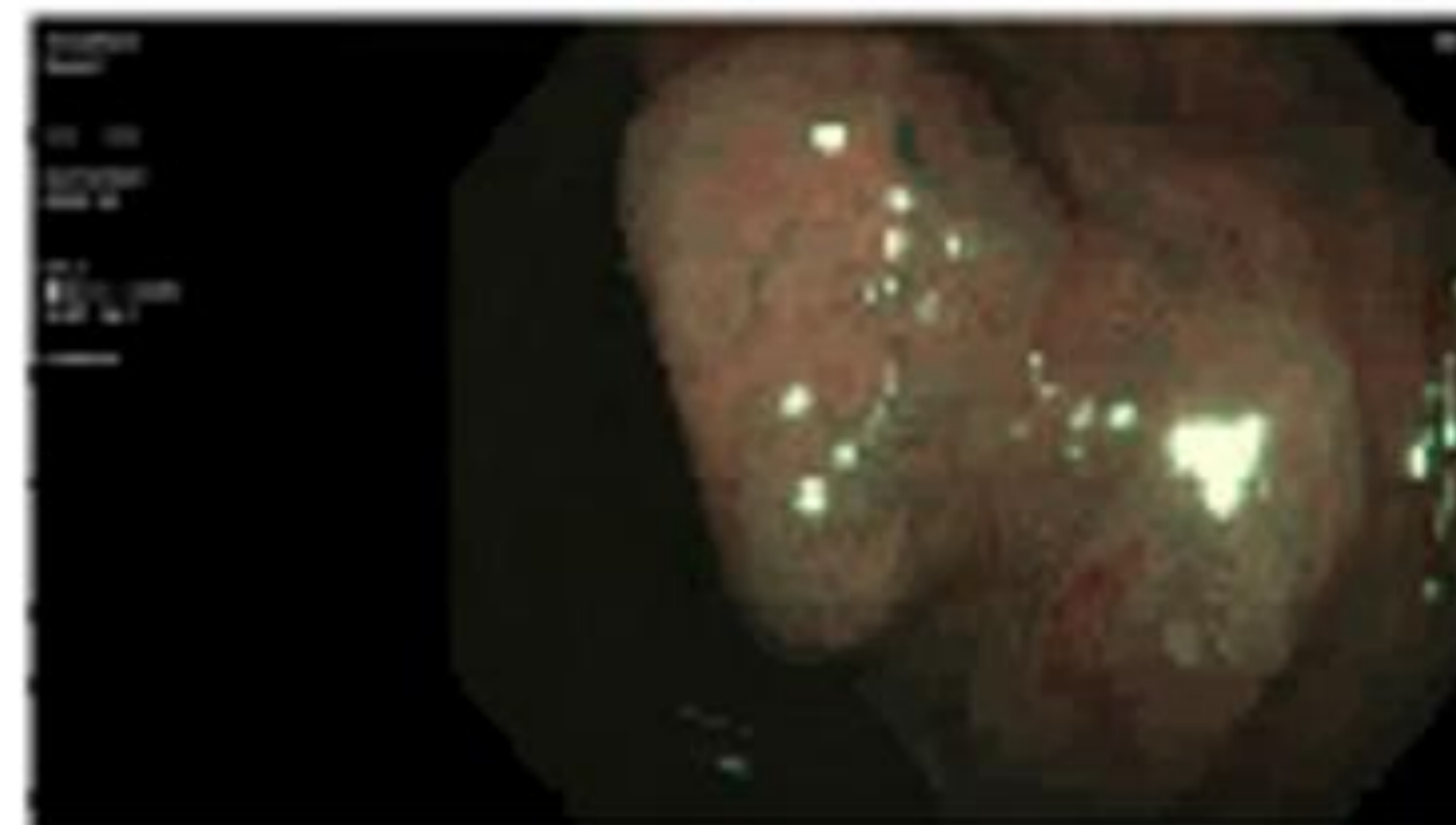
- 49-year-old male with no significant past medical history that initially presented to for routine colorectal cancer screening
- Upon initial screening colonoscopy, patient was found to have sigmoid diverticulosis as well as a 2cm submucosal polypoid lesion at the level of the hepatic flexure. Initial biopsies showed normal mucosa

Case Continued

- Follow up CT Abdomen/Pelvis with contrast showed no irregularities
- Due to concerning physical features of the initial hepatic flexure lesion, patient underwent repeat colonoscopy 3 months later
- On repeat colonoscopy, the 2cm submucosal appearing polypoid lesion was again appreciated at the hepatic flexure



1 Transverse Colon : lesion



2 Transverse Colon : lesion NBI



3 Transverse Colon : lesion

- Hot snare biopsy was used to obtain more tissue and revealed a benign inflammatory fibroid polyp, further classified as a Vanek's Tumor. Due to the lesions benign nature and the patient being asymptomatic, repeat colonoscopy was scheduled in 10 years with no more need for further workup

Discussion

- Vanek's Tumors are rare gastric or small bowel inflammatory fibroid polyps with literature review only describing 5 cases of these tumors within the large bowel
- Most Vanek's Tumors are small (<15mm) and asymptomatic, therefore fitting the criteria for continued surveillance colonoscopy at 10-year intervals, in concordance with our patient
- Rarely, these tumors can cause symptoms such as gastric outlet obstruction, severe constipation, acute bleeding, or chronic anemia, at which these tumors should be evaluated for surgical resection to alleviate symptoms
- When encountering benign polyps, physicians should always be aware of morphology, size, and overall patient symptomatology to make appropriate management decisions for the patient.

References

1. Gravito-Soares E, Gravito-Soares M, Sofia C. El tumor de Vanek: un pólipo gástrico poco común. Revista de Gastroenterología de México. 2017;82:87–88