Introduction:

- About 70% of adnexal masses occur during reproductive age as an asymptomatic exam finding.
- Our aim: to describe ultrasound features of benign asymptomatic adnexal masses submitted to excision and prospectively assess the diagnostic performance of simple rules to predict its benignity.

Methods:

- Retrospective observational study [Jan 2013 - Dec 2017]; Tertiary Hospital
- Asymptomatic women with an adnexal mass on a transvaginal ultrasound performed by a skilled sonographer
- A standardized examination technique, predefined definitions of ultrasound characteristics and simples rules of IOTA terminology were used.
- Cases with malignancy or endometriotic tissue on histology - excluded

Results: 93 adnexal masses submitted to excision → 79 (84%) identified benign lesions included

Morphology

Cystic lesions (median diam. 78 mm):
- Content: 27 anechoic, 25 low-level, 13 mixed and 6 ground glass
- Papillary projections (max. of 2 projections; color score 1) –
  - in 6 unilocular-solid; in 5 multilocular-solid lesions

Solid lesions (median diam. 49 mm):
- acoustic shadows, regular contours and colour score-1 - in all cases.

Vascularization color score 1 in 62 cases, No cases with color score 4  No Ascites

→ All tumors were classified as benign when using the Simples Rules

Conclusion: The results demonstrate a high diagnostic accuracy of simple rules risk calculation system regarding benign asymptomatic adnexal masses in these population.