

THE EVALUATION AND TREATMENT OF POLYOSTOTIC LESIONS

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= Polyostotic skeletal lesions represent a multitude of non-neoplastic, benign, and malignant conditions.

= In children, adolescents, and young adults, chronic recurrent multifocal osteomyelitis, Langerhans cell histiocytosis, polyostotic fibrous dysplasia, and enchondromatosis can present as multifocal skeletal lesions.

= In adults, skeletal metastases, multiple myeloma, osteitis fibrosa cystica, and Paget disease can present as multifocal skeletal lesions.

= The evaluation of such patients must begin with a comprehensive history, physical examination, and radiographs.

= When there is concern regarding polyostotic disease, a bone scan is often of great utility for the identification of all sites of skeletal disease and for monitoring disease progression or regression.

The approach to skeletal lesions has been well described¹⁻³. Nevertheless, these lesions remain interesting to both clinicians and patients. This is particularly true in the setting of polyostotic lesions, which can represent a metastatic process. Although it is imperative to consider this diagnosis, especially in adults, multicentric skeletal lesions can be the manifestation of a plethora of processes, ranging from non-neoplastic and benign conditions to more devastating malignant lesions and metastatic disease (Table 1). In order to ensure accurate diagnosis and treatment, orthopaedic surgeons must be familiar with these conditions and the necessary workup. This article presents the approach to polyostotic disease while also reviewing some of the more common conditions presenting as multicentric skeletal lesions.

Presentation and Evaluation

There are many ways in which patients with polyostotic lesions present to orthopaedic surgeons. Some patients already will have had imaging studies performed, whereas others are being seen for the first time. Regardless, a thorough history and physical examination must be performed as it is only with the combination of a history, physical examination, and imaging that a differential diagnosis can be appropriately formulated.

Once a lesion is identified, a bone scan is useful for identifying the extent of skeletal involvement. Although a multitude of other imaging studies can be performed (e.g., magnetic resonance imaging [MRI], computerized tomography [CT]), they are not always indicated. Laboratory workup, in addition to

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Diagnosis Treatment Of Polyostotic Spi

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