A 65-year-old man with no prior medical problems underwent a screening colonoscopy. He was an ex-smoker with a 100 pack-year cigarette smoking history. A 6-mm sessile, benign-appearing polyp was removed from the descending colon using snare diathermy (Fig. 1).

No other lesions were noted on colonoscopy. Histology showed a nodular proliferation of histiocytic cells within the submucosa, accompanied by a moderate number of eosinophils and lymphoid cells (Fig. 2 and 3).

Immunoperoxidase studies showed that the histiocytic cells were reactive to S100, CD68, and CD1a antigens (Fig. 4).

Based on these results, a diagnosis of Langerhans cell histiocytosis was made. Chest and skull radiographs, bone scan, and an abdominal ultrasound were unremarkable. High-resolution computed tomography of the chest, and bone marrow aspiration and biopsy were normal. As the patient was clinically asymptomatic and the entire work-up did not reveal any other organ involvement, no therapy was initiated; 1 year later, he remains asymptomatic on regular follow-up.

Langerhans cell histiocytosis is rare in adults [1], and gastrointestinal tract involvement is even rarer [2–4]. With the increasing number of colonoscopies being performed, gastroenterologists should be aware of this rare cause of colon polyps to ensure proper follow-up and further testing to rule out systemic disease.
References

1 Stockschlaeder M, Sucker C. Adult Langerhans cell histiocytosis. Eur J Haematol 2006; 76: 363 – 368


Bibliography


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