



Dr. Matshidiso Agnes Tisane
Holistic Care for Women's Health

TRIUMPH OVER ADVERSITY

Mrs. CV's Journey Through a Benign Ovarian Fibrothecoma.

One story shines as a beacon of resilience and expert care. The story of Mrs. CV, a tenacious 64-year-old retired educator, whose recent battle against a formidable medical concern brought her face-to-face with the expertise and unwavering commitment of her medical team at Melomed Tokai.

It all began with persistent abdominal discomfort, which refused to heal with conventional treatments. Despite her attempts to mitigate the pain with analgesia, the relentless ache persisted, accompanied by a distressing abdominal pain that seemed to swell with each passing day. Simple tasks became challenging as she grappled with the inability to stand, the agony of lying on her sides, and the urinary incontinence.

Mrs CV was then referred by her General Practitioner to Dr. M.A Tisane Obstetrician & Gynaecologist at Melomed Tokai, who became a beacon for hope for Mrs. CV's. Recognising the gravity of her symptoms, Dr. Tisane embarked on a meticulous diagnostic journey. Through a comprehensive examination coupled with advanced imaging techniques, the veil of uncertainty was lifted, revealing a colossal mass nestled within Mrs. CV's abdomen. But this was no ordinary mass—it bore the ominous potential of malignancy.

Dr. Tisane, in collaboration with esteemed colleagues Dr.T. Motsema (Obstetrician & Gynaecologist) and Dr. S Makhoba (General Surgeon), devised a meticulous medical management plan.

The operation navigated by the surgical team, delicately dissecting the mass. Despite the formidable challenges posed by the mass's size and vascularity (high blood supply and attached to the intestines and pelvic wall), the surgery was successful and the histology came back as benign ovarian fibrothecoma (non-cancerous) with a weight of over 2.6kg. Mrs. CV is now on the road to recovery and will have her follow ups in the rooms and continue supportive care at home and resume normal activities.

Side note by Dr Tisane:

Large pelvic mass are associated with multiple symptoms and complication depending on location, size and if benign or malignant (cancerous). Most large ovarian/ pelvic mass will present with abdominal distention, pains, constipation, weak bladder or lower back pains, difficult/limited daily activity, some may have shortness of breath if massive large mass pressing over diaphragm. Early assessment and referral for full work up is important especially in the older age to exclude possibility of malignancy and to plan management timeously.

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LARGE MASS WITH CYSTIC (FLUID CONTENT) AND SOLID COMPONENT INVOLVING OVARY, WITH MULTIPLE SMALL GROWTHS ATTACHED. RIGHT SIDE HYDRONEPHROSIS DUE TO PRESSURE OF THE MASS.

