Case study
A university student, 20 years of age, noticed a mass on her palate one morning while looking in the mirror. She has not experienced any symptoms such as pain or discomfort.

A mass on the palate

Question 1
What is the diagnosis?

Question 2
What is the pathology of this abnormality?

Question 3
What is the epidemiology of this condition?

Question 4
What is the management?

Answer 1
Torus palatinus.

Answer 2
Torus palatinus is a benign development exostosis of the palate. It is usually situated at the median palatine suture.

Answer 3
Torus palatinus represents about 17% of oral lesions. Besides the palate (20–30% of cases), the mandibular bone is also affected in about 10% of cases. The prevalence of this condition in the western population varies from 20–30%, but it is more common among Asians, particularly females. One study reported the prevalence in Asians as 38.9%. The exact aetiology is unknown but is believed to be multifactorial.

Some studies state this condition may be inherited with autosomal dominant transmission.

Answer 4
Patients need reassurance as this is a benign condition and majority are asymptomatic.

Conflict of interest: none declared.

References