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A mass on the palate

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.



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 developmental 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%.¹ The exact aetiology is unknown but is believed to be multifactorial.²

Some studies state this condition may be inherited with autosomal dominant transmission.³

Answer 4

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

Conflict of interest: none declared.

References

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