

Trigonitis Pseudomembranous Awareness

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Introduction

Pseudomembranous trigonitis is a term used to describe squamous metaplastic changes of the bladder trigone and it estimated such changes are present in up to 40% of adult females [1]. Although the etiology is unknown. It has been demonstrated that pseudomembranous trigonitis in women develops under hormonal impact [2], from a long-term indwelling catheter or an infectious process.

Symptoms

It is known the trigone has an embryological derivation distinct from the remainder of the bladder, and this allow the trigonal urothelium to respond to estrogenic stimulation [3]. Bacteria cystitis also has been associated with the development of pseudomembranous trigonitis, especially in cases of recurrent urinary tract infections [4] and seems to be an association between urgency/frequency symptoms, pain during urination, blood in the urine and/or pelvic pain syndrome.

Approach considerations and treatments

There are several treatments to relieve lower urinary tract symptoms in women with pseudomembranous trigonitis and asymptomatic patients don't require treatment and regarding the use of imaging techniques, ultrasound may reveal a thickening of the bladder neck thickening of trigone mucosa (> 3 mm) and increased blood flow on Doppler study [5].

It's important to realize that trigonitis can only be confirmed by cystoscopy findings as an image of a white patch of tissue in the trigone, pus pockets, bullous lesions, and submucosal calcifications.

Several treatment approaches have been tried in patients with symptomatic trigonitis with a variety of medications by vaginal oestrogen therapy that may be linked to the hormonal aspect of pseudomembranous trigonitis, antibiotic regimens, intravesical instillations as hyaluronic acid and laser fulguration has demonstrated promising results.

Conclusion

It's important the awareness of the management options of pseudomembranous trigonitis symptoms in women as bring more studies in order to understand and offer more adequate treatment for this underrecognized condition.

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