

Adrenal Incidentaloma

Description	<p>An adrenal 'incidentaloma' (AI) is an adrenal mass that is discovered serendipitously during a radiologic examination performed for reasons other than an evaluation for adrenal disease. AI frequently pose a diagnostic dilemma owing to the increasing use of imaging modalities, such as computerised tomography, magnetic resonance imaging and ultrasound. The incidence of AI in the general population is between ~1.0-8.7%.</p> <p>Approximately 75 per cent of AI are non-functional (i.e. not hormone producing), benign adrenocortical adenomas. Other frequently reported diagnoses of AI include cortisol secreting adrenocortical adenoma (~12%), phaeochromocytoma (~7%), adrenocortical carcinoma (<5%), aldosteronoma (~2.5%) and metastatic carcinoma (~5.0%).</p>
Indication	<p>The investigation of a functioning AI should include measurement of:</p> <ol style="list-style-type: none"> 1. Plasma and or 24hr total fractionated urine metadrenalines 2. Renin and aldosterone (supine and upright) 3. Overnight dexamethasone suppression test and 24h urinary free cortisol
Additional Info	<p>See laboratory handbook entries for:</p> <ul style="list-style-type: none"> • Metadrenalines (Urine 24h) • Phaeochromocytoma Screen • Plasma renin • Plasma aldosterone • Cortisol (Urine 24h) • Cortisol (Serum)
Interpretation	<p>As per information in relevant sections on the laboratory handbook for specific tests.</p> <p>Reference: Fassnacht M et al. Management of adrenal incidentalomas. <i>European Journal of Endocrinology</i> 2016; 175:G1–G34</p>
Collection Conditions	See laboratory handbook
Frequency of testing	As required