A navel stone mimicking a urachal sinus

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DESCRIPTION

Anyone can experience finding a navel lint in one's own navel, but how does it become big?

A navel lint, also called navel fluff, belly button lint or belly button fluff, consists of cloth-like fluffy fibres mixed with cutaneous scales, fat or protein.¹ Several case reports indicate that a navel lint could cause omphalitis or even sepsis.^{2,3}

A 96-year-old woman presented with a 2-week history of recurrent fever and loss of appetite. A diagnosis of urinary tract infection was made based on the presence of pyuria and bacteriuria. However, we incidentally noticed a hard, smooth and well moving palpable mass just under the navel on abdominal examination. There was no redness, tenderness or crusting of the periumbilical skin. While examining the mass, a part of it looked like a navel stone was protruding from the navel.

An abdominal CT scan demonstrated a round, calcified high-density mass behind the navel (figure 1). The radiologist suggested the possibility of the urachal sinus, which is a congenital remains of the urachus. We removed it by soaking in sterilised olive oil. The mass was easily removed from the umbilical cavity (video 1). The pathological finding showed

Figure 1 Abdominal CT scan show a round-shaped mass behind the navel.

Figure 2 The microscopic image show nodular tissue composed of lamellar horny materials.

Video 1 The removal of the mass from the umbilical cavity.

nodular tissue composed of lamellar horny materials with focal microcalcification (figure 2).

Learning points

- ▶ Big navel stone could mimic urachal sinus.
- ▶ Navel lint usually does no harm, but its removal may be advised since it could sometimes cause omphalitis or even sepsis.
- ▶ A navel stone can be removed easily by soaking it in sterilised olive oil.

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