Primary Hydatid Disease of the Pancreas in a 29-Year-Old Male: A Rare Case Report and Review of Literature

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Abstract

Hydatid disease is a parasitic infection caused by the cestode Echinococcus Granulosus. It is highly prevalent and considered to be among the more common and endemic parasitic infections in regions of the Middle East, sub-Saharan Africa, and south America. Pancreatic involvement in humans is quite rare, occurring in less than 1% of cases with majority of cases affecting other organs, predominantly the liver and lungs. The infection is often transmitted incidentally by exposure to the infective larval stage of the parasite's lifecycle. The route of transmission is feco-oral via accidental ingestion of eggs, typically from contaminated food or water sources or via direct contact with infected animals.

Case Presentation / Objective: This case report highlights the diagnostic challenges and treatment of a rare case of primary pancreatic hydatid disease in a 29-year-old African male who presented to the emergency department with symptoms of generalized abdominal pain, dysuria, increased urgency, and frequency.

Discussion and Conclusion: Pancreatic involvement in hydatid disease is rare and can be mistaken for a pancreatic cyst or abscess. Complex cases necessitate a multidisciplinary approach and proper investigation to reach an accurate clinical diagnosis and to plan further management. Our patient underwent a combination of simultaneous medical treatment through ultrasound-guided cystic fluid aspiration and pharmacological treatment with chewable Albendazole (400mg BD) tablets initially with minimal improvement before surgical treatment by an exploratory laparotomy was decided and effectively carried out.