

Torus Palatinus

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A 77-year-old woman presented to her primary care physician (PCP) for annual physical complaining of fatigue. On physical exam, she was noted to have a mass at the midline of her hard palate. The patient was unaware of this mass. There were no other lesions on the skin exam. Routine complete blood count (CBC) demonstrated severe pancytopenia and further work-up revealed vitamin B-12 deficiency. She also underwent a bone marrow biopsy that was unrevealing. A coincidental clinical diagnosis of torus palatinus was also made. She was started on vitamin B-12 supplements. On further follow-up her symptoms improved and she felt much better.

Torus palatinus is a benign bony exostosis occurring in the midline of the hard palate (**Image 1**). It is the most common bony maxillofacial exostosis, and it is usually diagnosed in adults older than 30 years of age. It is more common in women than men. Lesions may be misdiagnosed as malignancy, causing unnecessary psychological distress. Given the benign nature of the condition, the patient was offered reassurance.

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