

# Epidemiology of Ollier Disease: Causes, Treatment, Clinical Features and Symptoms

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## DESCRIPTION

Ollier disease, also known as ollier's disease or enchondromatosis, is a rare and complex orthopedic disorder characterized by the development of multiple benign cartilage tumors known as enchondromas within the bones. This condition primarily affects the skeletal system and can lead to various orthopedic challenges. This study discusses about the ollier disease and its epidemiology, causes, clinical features, symptoms and the impact it has on affected individuals. Ollier disease presents unique challenges for affected individuals and their healthcare providers. While it primarily affects the skeletal system through the development of multiple benign cartilage tumors called enchondromas, its impact can extend to limb deformities, fractures, pain, and functional limitations. Early diagnosis and a multidisciplinary approach to management are crucial for optimizing the quality of life for individuals living with ollier disease. Through a combination of observation, surgical interventions, physical therapy, and psychological support, it is possible to address the condition's challenges and provide individuals with the best possible care and outcomes.

## Epidemiology

Ollier disease is considered a rare disorder, and its prevalence is estimated to be approximately 1 in 100,000 individuals. It tends to manifest early in life, often during childhood or adolescence. While it can occur in both genders, it does not exhibit a significant gender bias. Ollier disease can affect various ethnic groups and populations worldwide, with no particular geographic predilection.

## Causes

The exact cause of ollier disease is not fully understood. It is considered a non-hereditary disorder, meaning it is typically not passed down from parents to their children. Instead, ollier disease is thought to result from somatic mutations that occur after conception, affecting the development of bone and cartilage within specific areas of the body.

## Treatment

The management of ollier disease is primarily aimed at addressing the associated symptoms and complications. Treatment options may include:

**Observation:** In cases where enchondromas are asymptomatic and not causing significant functional impairment, a watchful waiting approach may be taken. Regular monitoring through imaging studies is essential to track the growth of the tumors.

**Surgical interventions:** Surgical procedures may be necessary to address bone deformities, correct limb length discrepancies, or stabilize fractured bones. Surgery is tailored to the individual's specific needs and may involve procedures such as osteotomy (bone cutting and realignment) or the removal of problematic enchondromas.

**Physical therapy:** Physical therapy can help improve joint mobility, reduce pain, and enhance functional abilities. It is an essential component of rehabilitation for individuals with ollier disease.

It's important to note that the management of ollier disease is highly individualized, and treatment decisions are based on the specific needs and challenges faced by each patient. A multidisciplinary approach involving orthopedic specialists, physical therapists, and other healthcare professionals is often necessary to provide comprehensive care.

## Clinical features and symptoms

Ollier disease is primarily characterized by the presence of multiple enchondromas, which are benign cartilage tumors that develop within the bones. The clinical features and symptoms associated with ollier disease can vary widely from person to person and may include:

**Bone deformities:** Enchondromas can cause bones to become deformed or misshapen, leading to limb length discrepancies and joint abnormalities. This can result in functional limitations and difficulty with everyday activities.

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**Received:** 01-Sep-2023, Manuscript No. OMCR-23-26957; **Editor assigned:** 05-Sep-2023, PreQC No. OMCR-23-26957 (PQ); **Reviewed:** 19-Sep-2023, QC No. OMCR-23-26957; **Revised:** 26-Sep-2023, Manuscript No. OMCR-23-26957 (R); **Published:** 03-Oct-2023, DOI: 10.35248/2161-0533.23.12.367

**Citation:** Feni V (2023) Epidemiology of Ollier Disease: Causes, Treatment, Clinical Features and Symptoms. Orthop Muscular Syst. 12:367.

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**Fractures:** Affected bones may be more susceptible to fractures due to the presence of enchondromas, leading to recurrent fractures and increased risk of injury.

**Pain and discomfort:** Enchondromas can cause pain and discomfort, particularly when they grow or affect weight-bearing

bones. This can significantly impact an individual's quality of life.