Abstract

Introduction: The thyroid gland is an endocrine organ, which acts perfectly in maintaining the normal growth and activity of human beings. Factors causing a disturbance in its auto-regulatory mechanism leads to various thyroid function disorders that may or may not result in thyroid nodules. Malignancy comprises of less than 10% of all thyroid nodules on the basis of already established Breast Imaging Reporting and Data System (BIRADS) for breast nodules a categorization system of ultrasound features in thyroid nodules-the Thyroid Imaging Reporting and Data System (TIRADS) is suggested.

Aims and Objectives: To assess validity of TIRADS in Indian population in differentiating thyroid nodules as benign and malignant taking histopathology as gold standard.

Methodology: A descriptive study was done at JSS Hospital over a period of 18 months for 82 patients presenting with clinically palpable thyroid nodules and results were drawn assuming 50 percent sensitivity of TIRADS grading in differentiating the lesion as benign and malignant with an alpha error of 5 percent and a precision of 15 percent. All demographic data was summarized as proportion, mean, standard deviation and sensitivity, specificity, positive predictive value, negative predictive value were measured with 95% confidence interval. The inferential statistics were obtained using Chi-square and Cramer’s V tests.

Results: 42.7 per cent cases were present in TIRADS II, 34.1 per cent in TIRADS III, 9.8 per cent in TIRADS IV A, 4.9 percent each in TIRADS IV B and C, 3.7 per cent in TIRADS V. TIRADS grading when compared with histopathology was found to have a sensitivity of 82.35 percent, a specificity of 92.30 percent, positive predictive value of 73.68 percent and a negative predictive value of 95.24 percent.

Conclusion: TIRADS grading is a useful tool in pre operative evaluation and management, aids in deciding the timing of FNAC and when used along with it improves the diagnostic ability of a clinician in overall assessment of thyroid nodules.

Keywords: TIRADS, FNAC, BIRADS, USG thyroid, histopathology

Introduction

The thyroid gland is an endocrine organ, which acts perfectly in maintaining the normal growth and activity of human beings. The unique feature of this gland among all endocrine glands is that it is the first endocrine gland to appear in fetus. This being one of the largest endocrine glands (weighing about 25 g), a direct physical examination can be easily done because of its superficial location. The secretions from the gland are regulated by auto regulatory mechanisms. Factors causing a disturbance in its auto-regulatory mechanism leads to various thyroid function disorders that may or may not result in thyroid nodules. Thyroid nodules are very prevalent-they are found in approximately 8% adults by palpation, 41% by means of ultrasound and 50% in autopsy pathological examination [1]. Malignancy comprises of less than 10% of all thyroid nodules” [2]. However, since any nodule could be a carcinoma, the challenge lies in identifying the lesions that are malignant in a cost-effective, non-invasive manner while decreasing the medical, financial and emotional burden put on overwhelming excess in the patients with benign nodules. “On the basis of already established Breast Imaging Reporting and Data System (BIRADS) for breast nodules a categorization system of ultrasound features in thyroid nodules-the Thyroid Imaging Reporting and Data System (TIRADS) is suggested [3]. Classification has been proposed by Horvath et al. and modified by Kwak et al. [4, 5].

TIRADS 1: Normal Thyroid Gland
TIRADS 2: Benign Lesions

Comparison of TIRADS [Thyroid imaging reporting and data system] with histopathology in assessment of thyroid nodules

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TIRADS 3: Probably Benign Lesions”  
TIRADS 4: Suspicious Lesions (Subclassified as 4a, 4b and later 4c with increasing risk of malignancy).”  
4a: one suspicious feature (5-10% risk of malignancy)  
4b: two suspicious features (10-80% risk of malignancy)  
4c: three/four suspicious features (10-80% risk of malignancy)  
Suspicious sonographic features of malignancy: -  
1. Solid component  
2. Markedly hypoechoic nodule  
3. Micro lobulations or irregular margins  
4. Micro calcifications  
5. Taller than wider shape

TIRADS 5: Probably Malignant Lesions (more that 80% risk of malignancy)  
TIRADS 6: Biopsy Proven Malignancy  
Before the appearance of high-resolution ultrasound, radionuclide scintigraphy was considered as the principle modality to assess the thyroid gland. Ultrasound is however more secure, non-ionizing and furthermore a lot less expensive option. C.T and M.R.I although less efficient than ultrasound, are also used in the work up of thyroid nodules usually for assessing the mediastinal extension of thyroid.

Objectives  
Primary objective  
1. To assess validity of TIRADS in Indian population in differentiating thyroid nodules as benign and malignant taking histopathology as gold standard.  

Secondary objective  
1. To assess TIRADS grading for clinically palpable thyroid nodules  
2. To know histopathology findings for clinically palpable thyroid nodules  
3. To compare TIRADS grading with histopathology findings

Methodology  
a. Study Design: Descriptive Study  
b. Study place: JSS Hospital Department of Surgery  
c. Study Duration: Nov 2017 till April 2019  
d. Sample size: Sample Size is considered as 82 assuming 50% sensitivity of TIRADS grading in differentiating benign and malignant lesion, precision of 15% and alpha error of 5% 

e. Sampling technique and study population: Convenient sample. All consecutive cases coming to surgical department.  
f. Inclusion criteria  
   1. All clinically palpable thyroid nodules  
   2. In a case of multinodular goitre the largest solid/suspicious nodule will be included for study.  
g. Exclusion criteria  
   1. Toxic Nodular Goitre  
   2. Graves’ Disease  
   3. Patients with bleeding diathesis  
   4. Patients unwilling for thyroidectomy  
   5. Patients not willing to be part of study

Study assessments of end points: Classify thyroid nodules as benign and malignant based on TIRADS scoring and histopathology respectively and comparing the results.

Statistical methods applied  
Data analysis  
All demographic data is summarized as proportion, mean, standard deviation and sensitivity, specificity, negative predictive value, positive predictive value are measured with 95% confidence interval. All the measurements are done using SPSS version 21 and EPI-Info version 7.

Descriptive statistics  
The Descriptive procedure displays univariate summary statistics for several variables in a single table and calculates standardized values (z scores). Variables can be ordered by the size of their means (in ascending or descending order), alphabetically, or by the order in which the researcher specifies.

Descriptive statistics included  
Mean,  
Standard deviation,  
Frequency and  
Percent

Inferential statistics  
Chi-square test  
The Chi-Square Test procedure tabulates a variable into categories and computes a chi-square statistic. This goodness-of-fit test compares the observed and expected frequencies in each category to test either that all categories contain the same proportion of values or that each category contains a user-specified proportion of values.

Crosstabs (Cramer’s V)  
- The Crosstabs procedure forms two-way and multiway tables and provides a variety of tests and measures of association for two-way tables. The structure of the table and whether categories are ordered determine what test or measure to use. Cramer’s V test was employed in the present study.

Results  

Fig 1: Sex Distribution

In our study out of 82 cases, no of females were 70 (85.4%) whereas 12 (14.6%) were male patients.
Table 1: TSH

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Euthyroid</td>
<td>73</td>
<td>89.0</td>
<td>89.0</td>
<td>89.0</td>
</tr>
<tr>
<td>Hyperthyroid</td>
<td>4</td>
<td>4.9</td>
<td>4.9</td>
<td>93.9</td>
</tr>
<tr>
<td>Hypothyroid</td>
<td>5</td>
<td>6.1</td>
<td>6.1</td>
<td>100.0</td>
</tr>
<tr>
<td>Total</td>
<td>82</td>
<td>100.0</td>
<td>100.0</td>
<td></td>
</tr>
</tbody>
</table>

89 percent patients were euthyroid, 4.9 percent were hyperthyroid and 6.1 percent were hypothyroid in the study.

Table 2: TIRADS Grading

<table>
<thead>
<tr>
<th></th>
<th>Frequency</th>
<th>Percent</th>
<th>Valid Percent</th>
<th>Cumulative Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valid</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TIRADS II</td>
<td>35</td>
<td>42.7</td>
<td>42.7</td>
<td>42.7</td>
</tr>
<tr>
<td>TIRADS III</td>
<td>28</td>
<td>34.1</td>
<td>34.1</td>
<td>76.8</td>
</tr>
<tr>
<td>TIRADS IV A</td>
<td>8</td>
<td>9.8</td>
<td>9.8</td>
<td>86.6</td>
</tr>
<tr>
<td>TIRADS IV B</td>
<td>4</td>
<td>4.9</td>
<td>4.9</td>
<td>91.5</td>
</tr>
<tr>
<td>TIRADS IV C</td>
<td>4</td>
<td>4.9</td>
<td>4.9</td>
<td>96.3</td>
</tr>
<tr>
<td>TIRADS V</td>
<td>3</td>
<td>3.7</td>
<td>3.7</td>
<td>100.0</td>
</tr>
<tr>
<td>Total</td>
<td>82</td>
<td>100.0</td>
<td>100.0</td>
<td></td>
</tr>
</tbody>
</table>

As per distribution of patients according to TIRADS grading 42.7 percent were present in TIRADS II, 34.1 percent in TIRADS III, 9.8 percent in TIRADS IV A, 4.9 percent each in TIRADS IV B and C, 3.7 percent in TIRADS V.

Histopathology in different sex

On histopathology 8.3 percent males had colloid goiter, 25 percent had adenomatoid goiter, 8.3 percent had Hashimoto’s Thyroiditis, 33.3 percent had papillary carcinoma and 25 percent had follicular carcinoma. 28.6 percent females had colloid goiter, 37.1 percent had adenomatoid goiter, 21.4 percent had Hashimoto’s thyroiditis, 10 percent had papillary carcinoma, 1.4 percent had follicular carcinoma and 1.4 percent had anaplastic carcinoma.

Benign VS Malignant in Different Sex

Table 3: Crosstab

<table>
<thead>
<tr>
<th></th>
<th>Sex</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Female</td>
<td>Total</td>
</tr>
<tr>
<td>Benign</td>
<td>Count</td>
<td>5</td>
<td>61</td>
</tr>
<tr>
<td></td>
<td>% within Sex</td>
<td>41.7%</td>
<td>87.1%</td>
</tr>
<tr>
<td>Malignant</td>
<td>Count</td>
<td>7</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>% within Sex</td>
<td>58.3%</td>
<td>12.9%</td>
</tr>
<tr>
<td>Total</td>
<td>Count</td>
<td>12</td>
<td>70</td>
</tr>
<tr>
<td></td>
<td>% within Sex</td>
<td>100.0%</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

In males 41.7 percent were found to have benign pathology whereas 58.3 had malignant nodules. In females 87.1 percent had benign thyroid nodules whereas 12.9 percentage had malignancy.
On comparing TIRADS with FNAC - 68.8 percent cases of colloid goiter were graded as TIRADS II, 25 percent as TIRADS III, 6.2 per cent as TIRADS IV A.

- 42.9 percent cases of Multinodular Goitre were graded as TIRADS II and III each, 9.5 percent as TIRADS IV A and 4.8 percent as TIRADS IV C.

- 40 percent Hashimotos’s Thyroiditis were graded as TIRADS II and 60 percent as TIRADS III.

- 27.3 percent cases of papillary carcinoma were TIRADS IV C, 18.2 percent as TIRADS V, TIRADS IV A and TIRADS III each.9.1 percent cases were graded as TIRADS IV B and TIRADS II each.

- 50 percent cases of follicular lesion on FNAC were graded as TIRADS III, 16.7 percent as TIRADS IVA and IV B each and 8.3 percent under TIRADS V and II each.

- 100 per cent cases of medullary carcinoma were graded as TIRADS IV B.

On comparing TIRADS with Histopathology - 18 (85.7 percent) cases of colloid goiter were graded as TIRADS II, 2 (9.5 percent) as TIRADS III, 1 (4.8 per cent) as TIRADS IV A.

- 12 (41.4 percent) cases of Multinodular Goitre were graded as TIRADS II and 14 (48.3 percent) cases as TIRADS III, 1 (3.4 percent) case as TIRADS IV A and 2 (6.9 percent) as TIRADS IV B.

- 4 (25 percent) cases of Hashimotos’s Thyroiditis were graded as TIRADS II and 11 (68.8 percent) as TIRADS III.
Discussion

Thyroid ultrasound is an important imaging modality in the assessment of thyroid nodules both benign and malignant. No single feature on USG is sensitive enough to differentiate between benign lesion and a malignancy, hence a grading system as proposed by Horvath et al. Thyroid Imaging Reporting and Data System (TIRADS) is used to assess thyroid nodules.

Besides assessing the nodule USG also helps to differentiate a thyroid nodule from other cervical masses and is very useful in delineating the anatomy as opposed to radionuclide scan that provides limited anatomical information. Various features noted on ultrasound thyroid are Solid/Cystic component, echogenicity of nodule, margins, lobulations, calcification and the shape of the thyroid nodule. Rodney J Butch et al. in 1985 stated that the major use of thyroid scanning has been to identify additional thyroid nodules when one of them is palpable [7].

In 1978 Brown M C et al. stated that ultrasound offers more accurate assessment of thyroid volume than either palpation or radionuclide scanning [8].

Nirad Mehta et al. in 1994 stated that ultrasound of the thyroid is a reliable method for evaluation of solitary thyroid nodules when combined with FNAC [9].

However, no single feature on ultrasound thyroid has enough sensitivity or specificity to accurately tell that whether a nodule is benign or malignant. The documented results being variable owing to the low prevalence of malignancy in thyroid nodules.

Pre-TIRADS scoring

In 2002 Papini et al. [10] were the first ones to report that hypoechoic nodules along with any other suspicious ultrasound feature need to undergo FNAC.

Brito et al. [11] studied the accuracy of ultrasound thyroid to predict malignancy in a systemic review and meta-analysis which comprised of more than 18000 nodules. According to their study taller than wide shape had maximum specificity after which followed internal calcification and infiltrating margins.

“In 2006 the SRU added that the selection of a nodule for FNAC in a multinodular thyroid should be based primarily on ultrasound characteristics rather than nodule size [12]”

In 2006 the American association of Clinical Endocrinologists (AACE) recommended that all hypoechoic thyroid nodules should undergo FNAC”, with at least one additional suspicious feature on Ultrasound as described above.

In 2010 Ahn et al. [13] compared three sets of guidelines [ Kim et al, AACE and SRU] and concluded- that AACE and Kim et al. are more accurate than SRU and recommended AACE guidelines where high specificity is required and Kim et al. for higher sensitivity.

TIRADS

It was introduced first by Horvath et al. in 2009 [14], 10 patterns of thyroid nodules on ultrasound were summarized into five categories of TIRADS.

Sine then several modifications have been made. Park et al. [15] suggested a TIRADS score based on multivariate logistic regression analysis and provided an equation for predicting the probability of malignancy in thyroid nodules on the basis of 12 ultrasound features.

Bonavita et al. [16] identified 4 particular benign thyroid patterns: cyst with colloid clot, spongiform configuration, giraffe pattern and diffuse hyperechogenicity which was 100 percent specific for thyroid nodule being benign. But this system relies on patterns rather than individual thyroid features.

Hambey et al. [17] suggested a scale for malignancy comprising 5 points in order to select nodules for biopsy which had following features: nodule echogenicity, calcification, internal content, nodule margin and shape, presence of hypoechoic halo and vascularity.

TIRADS V

TIRADS in Benign vs Malignant

51.5 percent of all benign cases (66) on histopathology fell in to TIRADS II, 40.9 percent in TIRADS III whereas 4.5 percent in TIRADS IV A and 3 percent in TIRADS IV B.

31.2 percent of all malignant (16) cases fell in TIRADS IV A, 25 percent in TIRADS IV C, 18.8 percent in TIRADS V whereas 6.2 percent cases fell each into TIRADS II and III.
An ultrasound based TIRADS grading serves as an appropriate guide in classification of thyroid nodules.

Various conclusions drawn from our study are:

- Thyroid malignancies are more common in elder patients and have a pre disposition to male gender, although the nodules being more common in females
- TIRADS has a high sensitivity and specificity in identifying the thyroid nodule as benign or malignant where TIRADS II and III indicate benign nodules whereas TIRADS IV A and above point towards malignancy.
- TIRADS can be used to decide the timing of FNAC. In TIRADS II and III grades FNAC can be avoided and subjected only to suspicious features on Ultrasound whereas in TIRADS IV A or above it should be done mandatorily.
- In TIRADS II and III conservative surgical approach such as hemithyroidectomy can be planned when the pathology is limited to single lobe with a regular follow up.
- TIRADS grading when combined with FNAC serves as a better diagnostic tool in pre-operative evaluation and management of thyroid nodules.

Recommendation

TIRADS is recommended in line with BIRADS for the pre-operative diagnostic work up of clinically palpable thyroid nodules with fair amount of sensitivity and specificity.

Limitation

When used alone TIRADS has a lower sensitivity and specificity as compared to FNAC, hence should be used in conjugation with FNAC for appropriate results.

Summary

For those fulfilling the inclusion criteria patients details such as name, age, sex, IP number were tabulated along with relevant clinical diagnosis, thyroid function tests and USG of thyroid nodules with TIRADS grading as proposed by Horvath et al. and modified by Kwak et al. FNAC was done for all thyroid nodules included in the study.

Total thyroidectomy or hemithyroidectomy was done for majority of the cases with isthmectomy for one case of anaplastic carcinoma. All post op specimens were subjected to histopathology and once reported, the results were compared to TIRADS grading and conclusions drawn. Based on the results drawn a TIRADS grading on ultrasound thyroid is recommended for all clinically palpable nodules

References


