

# Updates in Management of Cancer Thyroid

*Thesis*

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## **Summary and Conclusion**

Thyroid Carcinoma is the most common malignant disease of the endocrine system. Differentiated thyroid carcinoma (DTC) is the most common form of thyroid cancer, accounting for about 80% of all cases, and includes both papillary thyroid carcinoma (PTC) and follicular thyroid carcinoma (FTC). Undifferentiated (Anaplastic) carcinoma accounts for 10% of cases. While other types (medullary & malignant lymphoma) account for the remaining percentage.

Exposure to radiation is the most important risk factor for thyroid cancer mostly of the papillary type. Family history and genetic alterations namely RET, Ras & P53 genes are reported in DTC.

History is usually not helpful in detecting underlying thyroid malignancy but there are well-established predictors of malignancy in thyroid nodules that include hard and fixed lesions, rapid growth of nodules, large size, associated hoarseness, dysphagia, or lymphadenopathy and a prior history of irradiation to the head or neck region.

Thyroid US is the most accurate imaging technique for the detection of thyroid nodules and this procedure is mandatory when a nodule is discovered at palpation. It can suggest malignancy by denoting certain ultrasonographic features and can guide for FNAB.

FNAB has become a gold standard in diagnosis of thyroid carcinoma especially the papillary type because of the distinctive nuclear features. The results of FNAB can be categorized as benign, malignant, indeterminate (suspicious), and nondiagnostic (unsatisfactory). An alternative to FNAB is the mini trucut biopsy.

# **List of contents**

<b>List of Abbreviations .....</b>	<b>I</b>
<b>List of Tables .....</b>	<b>II</b>
<b>List of Figures .....</b>	<b>III</b>
<b>Introduction and Aim of the work .....</b>	<b>1</b>
<b>Review of Literature . ....</b>	<b>5</b>
* Surgical Anatomy and Embryology of the Thyroid Gland .....	8
* Pathology of Thyroid Carcinoma.....	21
* Staging of Thyroid Carcinoma .....	33
* Diagnosis of Thyroid Carcinoma.....	35
* Treatment of Thyroid Carcinoma .....	69
<b>Summary .....</b>	<b>122</b>
<b>References .....</b>	<b>126</b>
<b>Arabic Summary.....</b>	<b>--</b>



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## List of Abbreviations

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ACT	: Alpha 1 antichymotrypsin
AJCC	: American joint committee of cancer
AMES	: Age metastases extent size
ARSAC	: Administration of radioactive substances advisory committee
ATTS	: Anaplastic thyroid tumours
Bq	: Defined as the activity of quantity of radio active material in which one nucleus decay per second
C.C.H	: C-cell hyperplasia
CEA	: Carcinoembryonic antigen
CGRP	: Calcitonin gene related peptide
D.T.C	: Differentiated thyroid carcinoma
EGF	: Epidermal growth factor
EGFr	: Epidermal growth factor receptor
FDG-PET	: Fluoro-deoxy glucose - positron emission tomography
FGF	: Fibroblast growth factor
FNAB	: Fine needle aspiration biopsy
FPC	: Follicular thyroid carcinoma
IGF	: Insulin growth factor
IJV	: Internal Jugular vein
IMRT	: Intensity modulated radiotherapy
MBq	: Megabecquerel $10^6$ Bq
MEN	: Multiple endocrine neoplasm
MRND	: Modified radical neck dissection

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## **List of Abbreviations**

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NSE	:	Neuron specific enolase
P.T.C	:	Papillary thyroid carcinoma
RSTL	:	Relaxed skin tension lines
SAN	:	Spinal accessory nerve
SCM	:	Sterno cleidomastoid
T.S.H	:	Thyroid stimulating hormone
TNM	:	Tumor - node - metastasis
WBS	:	Whole body scan

## List of tables

<i>Table</i>	<i>Title</i>	<i>Page</i>
1	UICC staging of thyroid cancer	33
2	Stage grouping: Papillary or follicular	34
3	showing Ultrasonographic features of thyroid carcinoma	35
4	Recommended protocol for follow-up of differentiated thyroid carcinoma in low-risk patients after adjuvant radioiodine treatment	46

## List of Figures

<i>Figure</i>	<i>Title</i>	<i>Page</i>
1	Explaining the arterial supply of the thyroid gland	11
2	Showing the venous drainage of the thyroid gland	13
3	Course and Relations of the Recurrent Laryngeal Nerve	17
4	Showing Stromal patterns in medullary thyroid carcinoma (MTC).	31
5	Showing Microscopic appearance of anaplastic thyroid carcinoma is highly variable	32
6	A:Showing Duplex tiltrasound image showing vascularity of a .solid right thyroid nodule, B:showingUltrasound image of the same nodule	36
7	Showing contrast enhanced CTs	37
8	(1)Blue staining of lymphatic channels. (2) Blue staining of two sentinel lymph nodes in the central compartment (Para tracheal and recurrent laryngeal)	40
9	showingAxial and sagittal slices of the same positron emission tomography/computed tomography study, showing 9mm lymph node behind clavicularbone. position of L.N explain why missed during surgery and ultrasound examination	44

## List of Figures (Cont.)

<i>Figure</i>	<i>Title</i>	<i>Page</i>
10	Showing (1)A transaxial scan showing PET	45
11	showing position of the pt during fine needle aspiration of thyroid(A) and local anesthesia(B)	49
12	showing the technique of fine needle aspiration biopsy of thyroid gland	49
13	Showing apparatus of fine needle aspiration	50
14	An indeterminate fine-needle aspiration biopsy specimen that was interpreted as "papillary thyroid cancer cannot be excluded"	53
15	A fine-needle aspiration biopsy specimen suspicious for papillary thyroid cancer	55
16	Epithelial cells in follicular arrangement suggesting adenoma, but which could be from a follicular carcinoma	56
17	showing Hurthle cells in loose, monolayered sheet and singly in FNA of a Hurthle cell lesion	56
18	showing FNA of Anaplastic Thyroid Cancer ,Notice the high pleomorphism of the cells, which have very prominent nucleoli	57
19	The recurrent laryngeal nerve	71

## List of Figures (Cont.)

<i>Figure</i>	<i>Title</i>	<i>Page</i>
20	Lymph node regions of importance for management of thyroid carcinoma	73
21	showing diagram of Algorithm for initial follow-up of patients with differentiated thyroid carcinoma	92
22	showing diagram of Longer term follow-up of patients with differentiated thyroid carcinoma	93
23	showing diagram of Considerations for empiric treatment with radioiodine.	104
24	The patient is placed with the neck in extension. The thyroid is approached through a Kocher collar incision, which is commonly made approximately 2.0 cm superior to the sternal notch	108
25	Raising subplatysmal flap	108
26	The strap muscles are divided in the midline to expose the thyroid gland	109
27	Dissection of middle thyroid vein	109
28	Dissection of superior pole vessels which should be ligated individually	110
29	Dissection of ligament of Berry and its relation to RLN	111
30	Dissection of parathyroid gland	112



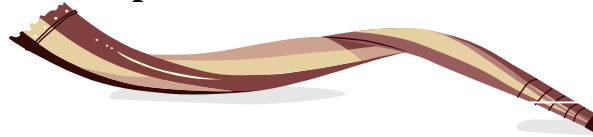
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*Hany Nassef Shawky*

## **Introduction**

Thyroid cancer is the most common endocrine malignancy and accounts for approximately 1% of all human malignancies, with an estimated incidence in the United States of 18,400 cases in the year 2000. The majority of cases-approximately 70% occur in women. Carcinoma of thyroid gland is considered an indolent disease; many affected individuals die of other causes (*Marina et al., 2006*).

In Egypt the recorded numbers for incidence and prevalence of thyroid carcinoma were very near to the western record. According to El bolkainy, it represented 1.2% of total cancers with a low fatality reaching about 8% (*El-Bolkainy, 1998*).

The exact cause of thyroid cancer is not known but they do know that People who have been exposed to a lot of radiation either from environmental or from medical treatment have a great chance of developing thyroid cancer (*Lairmore et al., 2005*).

Thyroid carcinomas are classified as papillary, follicular, Hürthle cell, medullary, and anaplastic. The thyroid gland is also a site for metastatic carcinoma on rare occasions. Conventionally, only papillary and follicular carcinomas are considered differentiated. Although some classifications have included Hürthle cell carcinomas as a subtype of follicular neoplasms, they are considered separate because these tumors are incapable of concentrating iodine and do not respond to TSH (*Zygmunt et al., 2008*).

Intrathyroid metastasis of extrathyroid cancers are rare and have a poor prognosis, but the diagnosis should be borne in mind when patients have a history of cancer (mainly renal cancer (*Mirallie et al., 2005*).



Fine needle aspiration is a sensitive and specific test for the diagnosis of thyroid cancer initial surgery and avoiding unnecessary procedures. Therefore it is recommend recommended as a routine use of preoperative thyroid fine needle aspiration even in those patients whom a resection is already planned (**Greenblatt et al., 2006**).

Treatment of thyroid carcinoma remains controversial, even among the thyroid experts. Surgical treatment is the preferred initial management in almost all patients with thyroid cancer. Many patients with follicular cell-derived cancers (FCDC) are treated with radioiodine remnant ablation (RRA). Few patients require postoperative external irradiation or chemotherapy. Although long-term survival is common, patients are at risk of tumor recurrence for decades after diagnosis (**David et al.,2006**).

Survival has improved due to acombination of early cytological diagnosis ,low morbidity total thyroidectomy , and postoperative iodine Therapy (**Cheah, 2007**).

Therefore, long-term surveillance is necessary. The extent and intensity of this surveillance necessitate sound judgment and a thorough knowledge of each patient's tumor and prognosis. Appropriate surveillance may include radiologic and radionuclide imaging and measurement of thyroid-specific tumor markers. Optimal care of patients with thyroid cancer may require a multidisciplinary team, including physicians with special expertise in endocrinology, surgery, pathology, nuclear medicine, radiation oncology, medical oncology, clinical chemistry, and diagnostic radiology (**Shimae et al.,2008**).

Various innovations in the field of thyroid cancer treatment have been developed in recent years. The utility of genetic markers such as RET/PTC, BRAF, and RAS may lead to their use as a form of screening test or as prognostic

indicators. The development of positron emission tomography scans has also been investigated in the monitoring of postoperative patients. Changes in surgical approaches and development of new instrumentation have altered the standard operative *approach* to thyroidectomy. As surgical techniques have evolved toward minimally invasive or minimally intrusive procedures, equipment such as ultrasonic shears, the video-endoscope, or the surgical robot have driven the evolution of surgery through smaller skin apertures (*Shimae et al.,2008*).

## **Aim of the Work**

The aim of this work is to outline the new trends in management of cancer thyroid and its impact on prognosis.