



DOI: 10.19187/abc.201634118-125

Evaluation of Saline Sonohysterography Findings in Patients with Breast Cancer Receiving Tamoxifen Adjuvant Therapy

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ARTICLE INFO

Received:

17 October 2016

Revised:

7 November 2016

Accepted:

13 November 2016

Keywords:

Tamoxifen,
breast cancer,
endometrial lesions,
endometrial cancer,
saline sonohysterography

ABSTRACT

Background: Transvaginal ultrasound is one of the most common means to examine endometrial cavity lesions although its negative results are more valuable. Saline sonohysterography can reduce the number of false negative rates of endometrial lesions diagnoses in Tamoxifen consumers. The Objective of this study was to determine the diagnostic values of saline infusion sonohysterography (SIS) and hysteroscopy as gold standard in diagnosis of endometrial pathologies in patients with breast cancer receiving adjuvant therapy with Tamoxifen for at least 6 months.

Methods: This cross-sectional study was conducted on 40 patients with breast cancer who were treated with for at least 6 months and referred by the gynecologist for evaluation. Age, duration of Tamoxifen use and symptoms were recorded. Patients were examined by saline sonohysterography. Ultrasonic endometrial findings were recorded. Patients with positive findings were referred for hysteroscopy and biopsy was taken for pathologic examination. Then we compared the results.

Results: In total, 40 patients with a mean age of 46.5 ± 7.81 years and mean duration of Tamoxifen treatment 18.4 ± 13.98 months were included. There were intrauterine lesions in 22 patients and they did not undergo hysteroscopy. For others, 9 patients with endometrial polyp (21.41%), 3 patients with endometrial hyperplasia (7.14%) were found. The accuracy of SSH in diagnosing endometrial polyp, endometrial hyperplasia and submucosal fibroma were 87.5%, 92.5%, 97.5%, respectively.

Conclusions: Saline sonohysterography is a viable option for screening of the patients instead of endometrial biopsy as it has great negative predictive value. Sonohysterography is easy, non-invasive, inexpensive and has great accuracy.

Introduction

Transvaginal ultrasound is one of the most common

means to examine endometrial cavity lesions although its negative results are more valuable.¹ Elderly women with breast cancer who are treated with Tamoxifen are among the patients with higher risk of endometrial neoplastic lesions.² Tamoxifen has anti-estrogenic effects on breast tissue; but can act as an estrogen agonist on endometrial receptors, therefore it appears that Tamoxifen consumption can increase the risk of endometrial cancers.³ Salazar *et al.* in 1985 for the first time reported an association

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between Tamoxifen consumption and development of endometrial cancer.^{3,4} Still, some of the researchers believe only patients who have abnormal vaginal bleeding should be evaluated for endometrial pathologies.⁵ On the other hand, others believe that all those patients should undergo careful pelvic examination and ultrasonic endometrial thickness evaluation every 6 months.³ Some studies on the effect of Tamoxifen on endometrial thickness in breast cancer patients, have shown that by regular repeated examinations of these patients and evaluation of endometrial thickness with ultrasound, endometrial cancer can be detected in early stages.^{6,7} Essentially, Tamoxifen can be the cause of endometrial thickening by initiating polyps, hyperplasia and/or neoplasia, or can reduce the thickness and cause atrophy.^{3, 8} It appears that the main cause of developing malignancy from endometrial hyperplasia is the duration of Tamoxifen consumption.⁸

Recent studies have shown that sonohysterography with limited intrauterine injection of sterile saline can reduce the number of false negative diagnosis of endometrial lesions in Tamoxifen consumers.^{9,10} Since this technique can better distinct focal and diffuse lesions compared to other methods such as transvaginal ultrasonography. Also with SIS, in order to make a definitive diagnosis, a biopsy can be taken.^{11,12} Multiple studies have shown that sonohysterography with normal saline has higher sensitivity, specificity, positive predictive value and negative predictive value than transvaginal ultrasound and it is comparable to hysteroscopy as the gold standard, therefore, we can use this technique as the first screening tool in patients with abnormal uterine bleeding prior to hysteroscopy since it's simple, minimally invasive, cost-effective.¹³⁻¹⁶

Since breast cancer is one of the most common cancers among Iranian women population and most of them receive adjuvant therapy with Tamoxifen for their treatment, thus they're exposed to a high risk of endometrial pathologies.^{4,17,18}

We conducted this study to evaluate relation of endometrial pathologies with abnormal saline infusion sonohysterography (SIS) features and hysteroscopic findings as the gold standard in patients with breast cancer receiving adjuvant therapy with Tamoxifen for at least 6 months, thereby to investigate the diagnostic values of SIS and hysteroscopy, to estimate whether SIS can be a good alternative for hysteroscopy as a screening tool in diagnosis of endometrial pathologies.

Methods

This cross-sectional study was approved by research committee of Tehran University of Medical Sciences. Written informed consent was obtained from all patients. The study population were patients

with breast cancer who received adjuvant therapy with full dose Tamoxifen (20mg, Daily) for at least 6 months and referred by the gynecologist for evaluation of endometrial pathologies to the radiology department of Imam Khomeini hospital from March 2012 to March 2014. Patients who had endometrial wall thickness of more than 4mm with transvaginal ultrasound were included in the study; and patients older than 70 years old, with vaginal infections, with positive β HCG results, and patients who did not take their medications regularly were excluded.

The variables recorded at the beginning were age, duration of Tamoxifen use and symptoms such as abnormal uterine bleeding (AUB) or vaginal discharge. First, a saline sonohysterography was performed (as described by Ogutcuoglu *et al.*¹⁹). Ten to twenty ml normal saline were infused through a foley catheter and transvaginal ultrasound was performed and ultrasonic endometrial findings were recorded including thickness, presence of hyperplasia, polyp, Adenomyosis, submucosal fibrosis, endometrial cancer signs, and adhesions in endometrial cavity.

Ultrasounds were done by MedisonTM instrument and transvaginal endocavitary probes were used. Then symptoms such as AUB and pelvic pains were explained to the patients and they were encouraged for follow-up. Patients with positive saline sonohysterography finding was referred to gynecologist for hysteroscopy and biopsy was taken for pathologic examination.

Collected data were analyzed by SPSS software (IBM Inc.) v.19. Continuous variables were reported as mean \pm standard deviation and categorical variables as absolute and relative frequency.

Results

After applying inclusion and exclusion criteria, 40 patients who were referred to ultrasound clinic for evaluation of endometrial pathologies after receiving Tamoxifen for more than 6 months, were included in the study. Mean age of patients was 46.5 ± 7.8 (Range: 32-65, Median: 46.50).

Most the patients had at least two pregnancies in their lifetime, In fact, 42.5% of them had more than two, 40% of them had only 2 and only 7.5% just 1 pregnancy. Also 10% of patients didn't have history of prior pregnancy.

As demonstrated in table 1, most of the patients (62.2%) didn't have any symptoms. For the symptomatic patients, the most common symptom was abnormal discharge (16.66%) and abnormal uterine bleeding (11.9%). Other symptoms such as pelvic pain and mass palpation were only reported in two patients.

Regarding SIS findings, as reported in table 1, there was suspicious pathologic finding in most of the patients (14 patient, 34.14%). The most common



pathologic finding was endometrial polyp which was seen in 12 patients (29.26%) and after that adenomyosis in 5 patients (12.19%). Other findings such as hyperplasia, fibroid and adhesions were reported in fewer number of patients.

As shown in table 1, there were intrauterine lesions in 22 patients and they did not undergo hysteroscopy. Also, it was not performed for 2 more patients due to technical difficulties. For others, the most common pathologic finding was endometrial polyp which was found in 9 patients (21.41%). Also, endometrial hyperplasia was seen in 3 patients (7.14%) and other findings such as fibroid, leiomyoma, adenomyosis and adenomyoma were only seen in 1 patient. Two patients had simultaneous polyp hyperplasia and endometrial polyp. Biopsy was technically not possible in one patient because of multiple linear, fixed, bridging adhesion bands.

Nearly 75% of the patients who were referred to ultrasound clinic for evaluation of endometrial pathologies had been treated with Tamoxifen for less than 30 months. Mean duration of treatment was 13.985±18.4 months (Range: 6-56).

Table 1. Patients' Characteristics

	N (%)
Age (mean±SD)	46.5±7.818
Duration of Tamoxifen Treatment (mean±SD)	18.4 ±13.985
Pregnancy	
0	4 (10%)
1	3 (7.5%)
2	16 (40%)
>=3	17 (42.5%)
Symptoms	
Asymptomatic	25 (59.52%)
AUB	5 (11.90%)
Abnormal Discharge	7 (16.66%)
Pelvic Pain	2 (4.76%)
Mass	2 (4.76%)
Others	1 (2.38%)
Ultrasound	
Normal	14 (34.14%)
Hyperplasia	4 (9.75%)
Polyp	12 (29.26%)
Fibroid	2 (4.87%)
Adenomyosis	5 (12.19%)
Adhesion	1 (2.43%)
Others	3 (7.31%)
Pathology	
Not performed	22 (52.38%)
Polyp	9 (21.41%)
Hyperplasia	3 (7.14%)
Endometrium	1 (2.38%)
Fibroid	1 (2.38%)
Leiomyoma	1 (2.38%)
Adenomyosis	1 (2.38%)
Adenomyoma	1 (2.38%)
Inconclusive	1 (2.38%)
Technical Problem	2 (4.76%)

As shown in the table 2, in 16 patients both SIS, and histologic biopsy were done, which in 12 subjects (30% of total subjects) the results were concordant but in 4 subjects (10% of total subjects), they were incompatible. There were no indications for histologic biopsy in 24 subjects.

In table 3, sensitivity, specificity, positive predictive value (PPV) and negative predictive value (NPV) of SIS findings compared to pathology report (as the gold standard) are reported. SIS has the best accuracy for diagnosis of submucosal fibroma (97.5%) followed by hyperplasia (92.5%) and polyps (87.5%). Sensitivity of the test was the highest for submucosal fibroma (100%) and the lowest for endometrial hyperplasia (66.7%) but specificity of the test for diagnosis of three pathologies were rather similar (97.4% for submucosal fibroma and 94.6% for endometrial hyperplasia). Positive predictive value of the test for diagnosis of all three pathologies was less than 70%, but it had more than 95% negative predictive value for the diagnosis of all pathologies.

Table 2. Comparison of histopathologic and radiologic findings

	N (%)
Histopathologic finding the same as radiologic finding	12 (30%)
Histopathologic findings Different than radiologic findings	4 (10%)
No histopathologic report	24 (60%)
Total	40 (100%)

Table 3. Evaluation of the performance of saline sonohysterography per diagnosis

	Submucosal Fibroma	Endometrial Hyperplasia	Endometrial polyps p
Sensitivity	100%	66.7%	88.9%
Specificity	97.4%	94.6%	87.1%
Positive predictive value	50%	50%	66.7%
Negative Predictive Value	100%	97.2%	96.4%
Accuracy	97.5%	92.5%	87.5%

Discussion

In our study, as mentioned before, most of the patients who were referred to ultrasound clinic for evaluation of endometrial pathologies have been treated with Tamoxifen for 6-30 months (13.98±18.4). In the study by Fung, *et al.* 20 patients were treated with Tamoxifen for 48.2±27 months and in Elhelw *et al.* study patients received treatment for 12-28 months.^{13,21}



Develioglu *et al.* reported that patients with an endometrial pathology had been treated with Tamoxifen for 30 ± 16.9 months while patients without endometrial pathology had received treatment for 19.1 ± 15.6 months.²² These findings are verified by Franchi *et al.* and Ito *et al.* which reported that Tamoxifen consumption for 27 and 24 months (respectively) is associated with development of endometrial pathology.^{23, 24} Yet, due to the limited number of subjects in our study it was not possible to find any association between duration of Tamoxifen treatment and endometrial pathologies.

Regarding number of pregnancies, almost half of our study population had a history of 3 pregnancies or more. Develioglu *et al.* study has showed that number of pregnancies in patients with intrauterine pathologies was 2.6 ± 1.6 and this number for patients without pathology was 2.4 ± 1.2 which the difference is not statistically significant.²²

Our study showed most of the patients were asymptomatic. In a report by Yusefi *et al.* only 4.6% of the patients reported AUB and it appears that this finding is associated with increased endometrial thickness.³ Jindal *et al.* evaluated the symptoms in patients using Tamoxifen and they found that 88% of the patients have no symptoms and AUB and abnormal discharge was reported in 8% and 4% of the patients respectively.²⁵ In Kochar *et al.* study 66% of the patients receiving Tamoxifen treatment were asymptomatic and 34% had a symptom and in another study by Gaber *et al.* on 247 patients receiving Tamoxifen, 175 had no symptoms, 52 had a suspicious finding in their endometrium and 20 patients presented with AUB.^{26,27}

Endometrial polyp was the most common SIS finding in our study population. Deligdisch *et al.* reported that endometrial polyp is present in 23% of referrals, but Elhelw *et al.* reported that endometrial polyp was present in 45% of the patients, cystic irregularity in endo-myometrial junction and endometrial thinness were present in 41% and 13.6% of the patients, respectively.^{21, 28} In some other studies, endometrial polyp prevalence was reported between 49-63% in patients receiving Tamoxifen treatment.²⁹⁻³¹ More importantly, Fong *et al.* reported SIS can thoroughly diagnose small polyps that are not detectable by transvaginal ultrasound or blind biopsy.²⁹

In our study, the most common pathology finding was endometrial polyp. Of all the patients' biopsy samples, 22 patients were without any pathologic findings. The most common pathologic finding in others were endometrial polyp (9 subjects) and endometrial hyperplasia (3 subjects). In Yusefi *et al.* study endometrium was atrophic in 34.2% of the patients and there was no sufficient tissue for sampling.³ In Fong *et al.* study endometrial pathologies were present in 40.2% of the patients receiving Tamoxifen and 38.5% had endometrial

polyps.²⁹ Only 1.7% had submucosal fibroid. But Fung *et al.* reported significant changes were present in 32.3% of the patients which 5.3% were hyperplasia, 23.56% endometrial polyp and less than 5% endocervical polyp, atypical hyperplasia, adenocarcinoma or sarcoma.²⁰ Although in our study endometrial polyps were less frequent than others, but they are benign and have no significant clinical impact. For comparison in Elhelw *et al.* study, 10 endometrial polyps, 3 were hyperplasia and 1 was adenocarcinoma.²¹ Also of 9 subjects with irregular endo-myo junction, 2 were hyperplasia. Overall, studies have shown that chronic consumption of Tamoxifen is associated with three times increase in risk of endometrial polyp and 5 times increase in endometrial hyperplasia, although duration and dosage of consumption should be considered.³²

In comparison of SIS and pathologic findings, 16 patients had done both. In 12 subjects, pathologic evaluation confirmed the diagnosis of SIS and in 4 patients the diagnosis was different.

Hann *et al.* reported that from 28 endometrial polyps that were reported by SIS, 23 were confirmed by pathology and of 5 endometrial hyperplasia diagnosed by SIS, just 2 were confirmed by pathology.³⁰ Also in 19 patients who undergone endometrial biopsy first and no finding was reported by pathology, SIS evaluation found 10 polyps and 2 endometrial thickness. In another study by Hann group, in SIS of 50 patients, endometrial polyp was found in 32 subjects, yet, 81% of endometrial biopsies were normal, in 13% there was not enough sample and only in 6% endometrial polyp was reported.³¹ In 4 patients, even with endometrial thickness of 5mm, endometrial biopsy was reported normal. Furthermore, endometrial biopsy was reported by endometrial biopsy in 4 patients but SIS was negative in 2 cases. It seems that this disagreement between pathology reports and SIS findings was due to insufficient endometrial sampling or movement of the stalk of the pedunculated polyps caused by curette.

In our study, we didn't find any cases of endometrial carcinoma or blood clots. But other studies have shown that chronic consumption of Tamoxifen is associated with increased risk of endometrial cancer.³¹ Cohen *et al.* reported that in 3% of patients who were treated with Tamoxifen for a long period, there were some evidence of neoplastic changes in polyps but the incidence in control group was only 0.48%.³³ Yusefi *et al.* also estimated the prevalence of endometrial carcinoma in this patient group to be about 0.61% and reported a higher risk of cancer development after 5 years of Tamoxifen consumption.³ Per some epidemiologic studies, annual incidence of endometrial carcinoma in Tamoxifen users, some researchers believe that there's no need for screening in patients without clinical symptoms.³⁴



As reported, in our investigation, SIS compared to gold standard (which is pathology biopsy) overall has high accuracy, sensitivity, specificity and NPV in diagnosis of endometrial pathologies but not PPV. Several other studies, have assessed the results of SIS which we summarized them in table 4.^{14, 19, 29, 35-42} Almost all their results are in concordance to our study showing more than 80% sensitivity and specificity and more than 90% NPV and accuracy for SIS. Only PPV is smaller in our study which might be due to small sample size.

In this report for evaluation of sensitivity and specificity of SIS, we used endometrial thickness of more than 5mm as cut-off point, but Develioğlu *et al.* used 9.5mm as the cut-off point and reported 89% sensitivity and 78% specificity.²² Other studies have used 4-10mm as cut-off point and overall, whenever a smaller cut-off point has been used, false positive cases were more and subsequently sensitivity decreased.^{16, 43, 44} The American College of Obstetricians and Gynecologists (ACOG) and the Society of Radiologists in Ultrasound (SRU) advise that either TVUS (with an endometrial thickness of ≤ 4 mm [ACOG] or ≤ 5 mm [SRU]) or endometrial sampling are recommended as a diagnostic tool in women with postmenopausal bleeding.^{45, 46}

Overall, our study showed that SIS evaluation has great negative predictive value for diagnosis of endometrial lesions which is important for a screening test and since this test is non-invasive and cheap, and without risk of radiation to the patient, we can recommend it as a screening test for patients receiving Tamoxifen for a long period.

Yet, since this test does not have great positive predictive value, it's better not to use it as a diagnostic test in this group of patients as many of the patients will be referred for endometrial biopsy eventually.

Although small sample size is a limitation of our study but overall, we conclude that SIS is an easy, non-invasive and inexpensive test and has great accuracy. Since chronic Tamoxifen consumption is associated with increased risk of endometrial carcinomas, these patients should be screened for endometrial pathologies. This study showed that SIS is a viable option for screening of these patients instead of endometrial biopsy because it has great negative predictive value, as 55% of the subjects in our study were ruled out of endometrial pathologies. But it doesn't have great positive predictive value for making the diagnosis, therefore it should be used by caution.

Table 2. Characteristics that have been shown to effect outcome of ECT treatment

		N	Sensitivity	Specificity	PPV	NPV	Accuracy
Our Study	Overall	40	88.9%	87.1%	66.7%	96.4%	87.5%
	Endometrial polyps		66.7%	94.6%	50%	97.2%	92.5%
	Endometrial Hyperplasia		100%	97.4%	50%	100%	97.5%
	Submucosal Fibroma						
Bingol <i>et al.</i> ³⁵	Overall	346	98%	83%	96%	91%	
	Endometrial polyps		100%	93%	90%	100%	
	Endometrial Hyperplasia		87%	100%	100%	95%	
Ogutcuoglu <i>et al.</i> ¹⁹	Endometrial lesions	100	60%	96%	87.8%	83.8%	87%
Radwan <i>et al.</i> ¹⁴	Endometrial polyps	241	97.3%	95.8%	91.1%	98.7%	96.27%
Luterek <i>et al.</i> ³⁶	Overall	40					
	Endometrial polyps		100%	100%	100%	100%	
	Submucosal Fibroma		75%	75%	75%	75%	
Kowalczyk <i>et al.</i> ³⁷	Overall	97	>72%	96%			
Erdem <i>et al.</i> ³⁸	Overall	133	97.7%	82.4%	93.5%	93.3%	93.4%
	Endometrial polyps		100%	91.8%	92.4%	100%	95.5%
	Submucosal Fibroma		95.7%	100%	100%	99%	100%
Jafari <i>et al.</i> ⁴⁰	Overall	99	91.67%	86%	85.9%	85.7%	
Ludwin <i>et al.</i> ³⁹	Overall	35	97%	90%			
	Endometrial polyps		100%	83%			
	Endometrial Hyperplasia		84%	95%			
Fong <i>et al.</i> ²⁹	Overall	104	89.7%	79.2%	76.1%	91.3%	
Kamel <i>et al.</i> ⁴¹	Overall	106	64.5%	75.5%			
Kimiai <i>et al.</i> ⁴²	Endometrial Hyperplasia	100	83%	93%	83%	97%	
	Endometrial polyps		83%	95%	58%	98%	



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