

1 **Title:** Rare thyroid malignancies in Europe: data from the information network on rare cancers in Europe
2 (RARECAREnet)

3

4 **Running title:** Rare thyroid malignancies in Europe

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6 **Keywords:**

7 Thyroid cancer; epidemiology; incidence; medullary thyroid cancer; anaplastic thyroid cancer; cancer registries

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10 **List of abbreviations:**

11 ASR, Age-Standardised Rate

12 ATA, American Thyroid Association

13 ATC, Anaplastic Thyroid Cancer

14 CR, Cancer Registry

15 DTC, Differentiated Thyroid Cancer

16 ERN, European Reference Network

17 EU, European Union

18 EURACAN, European Reference Network on Rare Cancers

19 FTC, Follicular Thyroid Cancer

20 ICD, International Classification of Diseases

21 MTC, Medullary Thyroid Cancer

22 NGS, Next Generation Sequencing

23 PDTC, Poorly Differentiated Thyroid Cancer

24 PTC, Papillary Thyroid Cancer

25 RARECARENET, Information Network on Rare Cancers

26 TC, Thyroid Cancer

27 UK, United Kingdom

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29 **Article category:** Research article, cancer epidemiology

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32 **Abstract**

33 *Objective.* Limited information is available on the incidence of rare thyroid cancer (TC) subtypes: anaplastic
34 (ATC) and medullary (MTC). The aim of this study was to describe incidence variations and trends across
35 European countries of all TC subtypes.

36 *Materials and Methods.* We used the RARECAREnet database including 80,721 TC incident cases in the
37 period 2000-2007 from 77 population-based cancer registries (CRs) in Europe. In the trend analyses, we
38 included 68,890 TC cases from 53 CRs with at least 6 years of incidence data in the years 2000-2007.

39 *Results.* In Europe age-standardised incidence rates (ASR) in women were $<0.3/100,000$ for MTC and ATC
40 whereas ASR were $5.3/100,000$ for papillary thyroid cancer (PTC) and $1.1/100,000$ for follicular TC (FTC).
41 Corresponding ASRs in men were $<0.2/100,000$ for MTC and ATC, 1.5 for PTC and 0.4 for FTC. Across
42 countries and in both sexes the incidence of FTC and MTC was moderately correlated ($r\sim 0.5$) with that of
43 PTC, while a less marked correlation ($r<0.4$) emerged for ATC ASRs. The changes of the PTC ASRs across
44 countries and time were weakly ($r<0.3$) or moderately ($r\sim 0.5$) correlated to the changes of the other subtypes
45 for both sexes.

46 *Conclusion.* The huge increase and heterogeneity between countries of PTC incidence has a small influence
47 on the trends and variations of MTC and ATC in Europe. Large-scale epidemiological and clinical registry-
48 based studies are warranted to increase knowledge about the rarest TC subtypes. This information would be
49 fundamental for the design of new clinical trials and for inference.

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53 **Introduction**

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55 Thyroid cancers (TCs) include follicular cell-derived carcinomas, classically defined as differentiated thyroid
56 cancer (DTC) (i.e. papillary thyroid cancer (PTC); follicular thyroid cancer (FTC); Hürtle cell carcinomas and
57 poorly differentiated thyroid cancer (PDTC)) and medullary thyroid cancer (MTC) which arises from the
58 neuroendocrine parafollicular C cells. Anaplastic thyroid cancer (ATC) is a very rare entity supposed to derive
59 from undifferentiated epithelial cells ¹.

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61 Worldwide trends in TC incidence have been largely driven by an increase in PTC as opposed to other
62 histological types ^{2 3 4 5}. Thus, much attention has been given to PTC with controversy surrounding the likely
63 reasons for the observed epidemic ⁶. Increased medical surveillance and widespread use of ultrasound ^{7 5} are
64 likely explanations ⁸.

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66 Ionising radiation exposure, mainly in childhood and adolescence ⁵, represents the most accepted risk factor
67 associated with DTC, especially PTC ^{9 10}. Among eating habits, iodine intake represents one of the most
68 discussed elements, because its deficiency is associated with FTCs, while there is some weak evidence that
69 observed increases in dietary iodine intake may be responsible for the increasing incidence of PTC¹¹.
70 Evidence for other risk factors such as low intake of fruits and vegetables; cruciferous vegetables intake;
71 alcohol consumption, sex hormones ¹² and obesity ^{13 14} remains controversial ^{5 15 16}.

72

73 In contrast, limited information is available on the incidence, trends and risk factors of the rarest TC subtypes:
74 anaplastic thyroid cancer (ATC) and medullary thyroid cancer (MTC) ^{17 18 19}. It is not clear whether the
75 widespread use of ultrasound and fine needle biopsies on thyroid nodules is affecting the incidence of FTC,
76 MTC ²⁰ and ATC. Against this background, our aim was to describe the overall incidence and changes in
77 incidence over time of all TC subtypes in Europe and across European countries.

78

79 **Material and methods**

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81 We used the database of the RARECAREnet (www.rarecaren.net) project, which includes incidence and
82 follow-up data provided by 94 European population-based cancer registries (CRs) for patients with cancer
83 diagnosed between Jan 1, 1978, and Dec 31, 2007. Our analyses refer to the period 2000-2007. To analyse
84 incidence, we used 77 CRs with data for at least 3 years of incidence between 2000 and 2007, including all
85 the 24 countries contributing to RARECAREnet (Austria, Belgium, Bulgaria, Croatia, Czech Republic, Estonia,
86 Finland, France, Germany, Iceland, Ireland, Italy, Latvia, Lithuania, Malta, Norway, Poland, Portugal, Slovakia,
87 Slovenia, Spain, Switzerland, The Netherlands and United Kingdom) and 45% of EU28 population (excluding
88 Norway, Switzerland, and Iceland, which are not EU members) (Supplementary Table 1). We excluded 11
89 anatomical-site-specific CRs to avoid any incomplete coverage of some cancers affecting multiple sites and
90 six CRs because the percentage of unspecified morphologies (ICD-O3 codes: 8000-8010) was >15%. To
91 analyse incidence trends over time, we used 53 CRs, with data available for at least 6 years of incidence in the
92 study period (2000-2007) (Supplementary Table 1).

93

94 Incident TC cases were defined according to ICD-O-3 topography code C73. Morphologies were grouped into
95 major similar histological types ²¹ including papillary (8050,8052,8260,8263,8340-8344,8350,8450), follicular
96 (8290,8330-8335), medullary (8246,8345-8347,8510) anaplastic including poorly differentiated (8012,8020-
97 8035,8190,8337) and unspecified (8000-8010). All the remaining morphologies were combined into the group
98 “all other morphologies”. Cases first discovered at autopsy or by death certificate only were excluded (n=1,235
99 from the incidence analyses and n=1,134 from the incidence trends analyses), leaving 80,721 TC cases in the
100 incidence analyses and 68,890 in the incidence trend analyses.

101

102 Age-standardised incidence rates (ASR) per 100,000 person-years were standardised to the European
103 population (1960). Analysis of incidence trends was performed for Europe as a whole and by country,
104 according to three time intervals (2000-2002; 2003-2004; 2005-2007). The statistical significance of incidence

105 differences (ASR variation % in 2005-2007 versus 2000-2002) was tested with the Z-test ²². Pearson
106 correlation coefficients (r) of PTC versus each of the other subtypes were estimated across countries, in the
107 overall period of the study (years 2000-2007) and per each time interval included in the trend analysis (2000-
108 2002; 2003-2004; 2005-2007).

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111 **Results**

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113 TC incidence

114 In Europe, in 2000-2007, the TC incidence rate was 7.1/100,000 in females and 2.4/100,000 in males with a
115 female to male ratio of 2.97 (Table 1). PTC was the most common subtype constituting 73% and 63% of all
116 TCs in females and males, respectively. FTC was the second most common subtype; however, its incidence
117 rate was 5 times lower than that of PTC in females (1/100,000) and about 4 times lower in males
118 (0.4/100,000). ASRs \leq 0.3/100,000 in both females and males emerged for MTC (0.3 and 0.2/100,000,
119 respectively) and ATC (0.1 and 0.1/100,000, respectively) (Table 1). The female to male ratio differed for MTC
120 and ATC with female incidence rates 1.4 times that of males.

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122 Figure 1 reports TC incidence rates by age group and subtype in both females and males. The incidence peak
123 differed across subtypes and by sex; PTC was most common in females aged 50-54 years and males aged
124 55-59 years, FTC in females aged 70-74 years and males aged 75-79 years, MTC in females aged 65-69
125 years and males aged 70-74 years and ATC in both females and males aged 80-84 years.

126

127 PTC demonstrated the widest variability across Europe with an approximately 8-fold difference in ASRs
128 across countries (Figure 2). In females, PTC ASRs ranged from 2/100,000 in the UK, Ireland and The
129 Netherlands to >10 /100,000 in Italy, Iceland, Portugal and France. In males, PTC ASRs ranged from 0.7 in
130 Bulgaria, Northern Ireland and Wales to 4 in Italy and Iceland (7-fold higher).

131 FTC ASRs across countries varied by 3 times in females; ranging from <0.6/100,000 in The Netherlands,
132 Bulgaria and Malta to >1.5/100,000 in Austria, Latvia and, Lithuania (Figure 2). In males, FTC ASRs ranged
133 from 0.2/100,000 in Norway, Poland and Bulgaria to 0.7 and 0.8/100,000 in Switzerland and Austria,
134 respectively (an almost 5-fold difference).

135 MTC and ATC ASRs were low ($\leq 0.5/100,000$) with limited differences across countries in both sexes. In
136 females, MTC ASRs ranged from 0.1/100,000 in Bulgaria and Malta to 0.5/100,000 in Croatia and Austria
137 (Figure 2). In males, MTC ASRs were 0.3-0.4/100,000 in Austria, Italy and France. ATC ASRs were
138 <0.3/100,000 in women and <0.2/100,000 in men in all countries and <0.1/100,000 in both sexes in Croatia,
139 Scotland, England, Latvia, and Bulgaria and Finland (Figure 2). Note: In Finland coding problems could not be
140 ruled out completely.

141

142 Across countries and in both sexes the incidence of FTC and MTC was moderately correlated ($r \sim 0.5$) with that
143 of PTC, while a less marked correlation ($r < 0.4$) emerged for ATC ASRs (Figure 2).

144

145 TC incidence trends

146 In Europe, TC ASRs increased in the years 2000-2007 in both females and males (variations +25% and
147 +26%, respectively; $p < 0.01$ for both) (Table 1). PTC was the subtype with the highest and most significant
148 ASR increase (+33% and +39% in females and males, respectively). Significant but smaller increases were
149 observed for FTC in females (ASR from 0.9/100,000 to 1/100,000) and for MTC in males (ASR from
150 0.17/100,000 to 0.19/100,000). No significant changes over time in ASRs were observed for the other
151 subtypes in females or males.

152

153 In females (Figure 3), the PTC ASR significantly increased in most countries but with different magnitudes.
154 The variation of ASRs between 2000-2002 and 2005-2007 was >50% in Portugal, Lithuania, Slovenia, Czech
155 Republic, Latvia, Belgium and Ireland and, about 40% in Italy, Croatia, Austria, Switzerland, Bulgaria, England
156 and Netherlands, and <30% in Slovakia, Germany, Scotland and Poland (Supplementary Table 2). In some

157 other countries (e.g. France, Spain), the PTC ASR did not significantly increase over the study period. The
158 FTC ASRs increased in Ireland, England and Austria (77%, 32% and 25%, respectively), while they decreased
159 in Latvia (-45%), Germany, Slovakia and Poland (-30%) (Supplementary Table 2). The ASRs of the MTC and
160 ATC did not significantly change over time across countries. Moreover, the changes of the PTC ASRs across
161 countries and time were weakly ($r<0.3$) or moderately ($r\sim 0.5$) correlated to the changes of other TC subtypes
162 (Figure 3).

163

164 In males (Figure 4), the PTC ASR significantly increased in most countries with variations $>100\%$ in Latvia,
165 Portugal, Switzerland, and Malta, and about 40-50% in most of the other countries investigated
166 (Supplementary Table 2). Variations $<25\%$ were observed in Netherlands, Germany and Finland, while a
167 significant decrease was observed only in Spain (ASR from 2.3 to 1.3; -45%). FTC ASRs significantly
168 increased only in Ireland (147%), Wales (107%), Portugal (92%) and Austria (28%), while they decreased in
169 Slovenia (-63%) and Germany (-28%). MTC ASRs increased in Croatia and Belgium (213% and 70%,
170 respectively) and decreased in Norway and Austria (-49% and -31%, respectively) (Supplementary Table 2).
171 ATC ASRs increased only in England (97%) and decreased in Scotland and Germany (-68% and -49%,
172 respectively) (Supplementary Table 2). The changes of the PTC ASRs across countries and time were weakly
173 ($r<0.3$) or moderately ($r\sim 0.5$) correlated to the changes of the other subtypes (Figure 4).

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175

176 **Discussion**

177

178 This is the first study, to our knowledge, to report incidence and incidence trends of rare thyroid histotypes in
179 Europe and in each EU country. ATC and MTC ASRs have limited geographical variations across European
180 countries in both sexes and incidence trends are stable. ATC trends in Europe are coherent with those
181 observed in the USA^{23, 24} and in the Republic of Korea²⁵. Regarding MTC, in the USA an increase of MTC

182 was observed ²⁶ whereas in Europe, we observed a significant increase of MTC only in males in Belgium and
183 Croatia. The present study confirms a large variation of PTC and FTC incidence across European countries
184 and in both sexes. Finally, the moderate correlation ($r < 0.5$) of PTC ASRs with the ASRs for other TC subtypes
185 across countries, supports the hypothesis that recent PTC epidemic is not affecting the incidence of rarest TC
186 subtypes.

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188 The study confirms that in Europe PTC and FTC were much more frequent compared to MTC and ATC, were
189 diagnosed at younger ages, and were more common in females than in males. These differences have been
190 largely attributed to the age related differences in the use of health services ²⁷. Intense surveillance of thyroid
191 nodules and thyroid function tend to occur in young and middle-age women due to events related to
192 reproduction and perimenopausal and postmenopausal symptoms. The role of female hormones has also
193 been suggested in the aetiology of DTC, however, conclusive studies are still lacking ²⁸. Conversely, men
194 make frequent medical visits after middle age because of various chronic conditions ²⁹.

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196 Differences across countries in incidence and trends were almost exclusively limited to PTC. Substantial
197 evidence suggests that overdiagnosis is a likely culprit for the different TC incidence across countries, almost
198 exclusively limited to PTC ⁸. Diagnostic changes accounted for 60% of TC cases diagnosed in 2003–2007 in
199 women aged under 80 years in France, Italy, the United States, Australia, and the Republic of Korea, and
200 approximately 50% in other countries, except Japan (30%) ^{30 8}. Overdiagnosis has led to an increase of
201 treatment procedures such as surgery and radioactive iodine treatment during the recent years ^{5 31}, leading
202 scientific societies to update guidelines in order to avoid any unnecessary diagnostic procedures on incidental
203 thyroid nodules ^{32 33 24}. The American Thyroid Association (ATA) guidelines ³⁴ and the American College of
204 Radiology ³⁵ have recently stressed the importance of the sonographic pattern of the thyroid nodules for
205 patient risk stratification.

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207 While the epidemiological studies on DTC are numerous ⁵, limited information are available on risk factors for
208 the rarest TC subtypes, as MTC and ATC. MTC may exist as a hereditary tumour (about 25% of cases) within
209 the complex of multiple endocrine neoplasia type 2A (MEN 2A) and type 2B (MEN 2B) and, more commonly,
210 as a sporadic form (70% of cases). For this latter type, aetiological factors are not fully known except for
211 somatic *RET* or *RAS* mutations ³⁶. An association between sporadic MTC (sMTC) and history of thyroid
212 nodules or adenomas (12-fold risk) was reported in the past ¹⁷. More recently, Kalezic et al. ¹⁸ confirmed that
213 history of goitre and thyroid nodules (OR 11.29, 95% CI 1.16 - 73.45, p<0.001) were independent risk factors
214 for sMTC. Smoking history was associated with a reduced risk for sMTC in both papers ^{17 18}. Authors
215 postulated an ability to decrease thyroid-stimulating hormone secretion and an innate anti estrogenic effect of
216 smoking ¹⁸. Additionally, other risk factors such as menarche after 14 years ¹⁸, height (higher risk in taller
217 subjects), hypertension, gallbladder disease and allergies have been reported ¹⁷. Interestingly, an average
218 prevalence of 0.14% of occult MTC has been reported in a series 7897 autopsies in patients without known
219 thyroid disease and authors demonstrated that routine calcitonin screening applied to general population with
220 nodular thyroid disease would be not cost effective ²⁰.

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223 ATC is one of the most aggressive malignant tumours in humans, with a median overall survival of no more
224 than 6 months ²¹. A next generation sequencing (NGS) analysis on a large series of ATC recently
225 demonstrated that ATC can be divided into 3 clusters according to the genetic features from which ATC
226 derives ³⁷ supporting the hypothesis of ATC as the final event of a pre-existing PTC or FTC rather than a *de*
227 *novo* tumour. Not surprisingly, ATC is typically diagnosed in elderly patients with 67% of ATC patients
228 diagnosed at age >70 years. A history of goitre, low educational level and type B blood group have been
229 recognized as independent prognostic factors in a large case-control study ¹⁹.

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231 The major strengths of this study are the population based design and the availability of the largest well
232 documented TC series (70,000 cases in 8 years) in Europe. The main limitation is the period analysed.

233 Indeed, we report on patients diagnosed from 2000 to 2007. However, these are the only and most recent
234 available data that allow studying TC incidence by subtype across Europe.

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237 In conclusion, MTC and ATC incidence trends in Europe are stable and not correlated to the incidence
238 increase of PTC. Epidemiological data on MTC and ATC are currently still scant. Thus, collaboration with
239 clinical registries will be essential to enrich population-based data with information on risk factors, tumour
240 dimension, stage, pathological and molecular features and treatment especially for MTC and ATC for which
241 knowledge is still limited. To this end we call the European Reference Network (ERN) on rare cancers
242 (EURACAN) to prioritise the development of clinical registries on the rarest TC subtypes.

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374 **Tables and Figures legends**

375

376 **Table 1.** Number of incident cases and age-standardised incidence rates (ASR)* together with incidence
377 trends in Europe by thyroid cancer histological type in females and males. Europe, 2000-2007

378 * Per 100,000, age-standardised to the European population (1960)

379 ** ASR in 2005-2007 versus 2000-2002

380 *** including poorly

381

382 **Figure 1.** Incidence rate by age group by thyroid cancer histological type in females (A) and males (B)

383

384 **Figure 2.** Age-standardised incidence rates (ASR)* by country and thyroid cancers histological type§ in
385 females and males with correlation coefficients with PTC ASR

386 * Per 100,000, age-standardised to the European

387 § Note: a different scale has been used for ASR in TC subtypes

388

389 **Figure 3.** Thyroid cancers age-standardised incidence rates (x 100,000) in females, by subtype, country*,
390 period of diagnosis of PTC versus each of the other subtype

391 * Countries are ranked by incidence rate in 2005-2007. Arrow pointing upwards identify significant increase;
392 arrow pointing downwards identify significant decrease

393

394 **Figure 4.** Thyroid cancers age-standardised incidence rates (x 100,000) in males, by subtype, country*, period
395 of diagnosis of PTC versus each of the other subtype

396 * Countries are ranked by incidence rate in 2005-2007. Arrow pointing upwards identify significant increase;
397 arrow pointing downwards identify significant decrease

398

399 **Supplementary Table 1.** Cancer registry (CR) included in the incidence and trends analysis together with the
400 mean population and the proportion (%) of national population covered and the years included in the analyses

401 **Supplementary Table 2.** Age-standardised incidence rates (ASR)* and number of incident cases for thyroid
402 cancer by histological type, country and period in females and males with Pearson correlation coefficients (r)
403 between papillary with the other histological type per each time period (2000-2002; 2003-2004; 2005-2007).
404 Countries are ranked by incidence rate in the last period in decreasing order

405

406

407 **Data availability statement**

408 Data available on request from the authors.