

1 **Lachrymal gland involvement in Graves' Ophthalmopathy (GO): a useful magnetic**
2 **resonance imaging - derived marker of GO activity.**

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34 **Abstract**

35 **Background:** Lachrymal gland (LG) involvement in patients with Graves' Ophthalmopathy (GO)
36 has been considered as a potential cause of the associated GO symptoms and different studies found
37 that the LG measurements were significantly higher in patients with GO than healthy controls. The
38 aim of this study was to evaluate LG involvement, through measurement of herniation compared
39 the interzygomatic line using magnetic resonance imaging (MRI), in patients with different GO
40 activity.

41 **Methods:** Thirty-two consecutive Caucasian patients (10 M, 22 F, mean age 49.5, IR 30-68 yrs),
42 affected by GO were enrolled and grouped in group A (16 with inactive GO, CAS<3) and B (16
43 with active GO, CAS≥3) according to their GO activity. All patients underwent clinical,
44 biochemical and morphological thyroid assessment, complete ocular evaluation and orbital MRI
45 examination.

46 **Results:** No significant difference was found for the hormonal parameters and thyroid ultrasound-
47 derived parameters between the two groups. TRAb levels were slightly higher, although not
48 significantly, in group B than group A [2.76 (0-40) vs. 1.74 (0-13.8) UI/L; p=0.073]. The LG
49 herniation measurement evaluated by MRI was significantly higher in group B for both right [10.1
50 (7.3-17) vs. 7 (0-13.4) mm; p=0.004] and left [8.5 (6.6-13) vs. 5.8 (0-12) mm; p=0.026] eye than
51 group A. A linear positive correlation was found between TRAb levels and LC herniation (Rho
52 0.462, p=0.009) in all patients.

53 **Conclusions:** Measurement of LG herniation seems to be a good marker of the disease and GO
54 activity, although further larger studies are needed to better understand this association.

55

56 **Introduction**

57 Thyroid-associated orbitopathy, also termed Graves' ophthalmopathy (GO), is the most common
58 extrathyroidal manifestation of Graves' disease (GD), although it may also be rarely associated with
59 euthyroid or hypothyroid autoimmune thyroiditis (1,2)

60 GO is a chronic inflammatory autoimmune disease targeting the intra-orbital structures, with an
61 estimated incidence of GO in 16 women or 3 men per 100,000 person per year. About three-
62 quarters of GD patients do not have any GO at diagnosis, and moderate-to-severe and severe forms
63 represent no more than 5-6% of cases (3,4). Subclinical eye involvement is quite common. In about
64 70% of adult patients with GD, computed tomography (CT) could reveal subclinical extraocular
65 muscle enlargement (5). The thyroid-stimulating hormone receptor (TSH-R) is the best-known
66 autoantigen, also expressed on orbital fibroblasts and adipocytes (6,7). The serum levels of TSH-R
67 autoantibodies (TRAb) positively correlate with the clinical features of GO. These constitute an
68 independent risk factor for disease severity and progression (8,9). The inflammatory process leads
69 to orbital fibroblast proliferation, increased glycosaminoglycan synthesis and secretion, and
70 differentiation of preadipocytes into adipocytes (7,8). Fibroadipose tissue expansion and the
71 extraocular muscle infiltration in a rigid anatomic site like the orbit cause clinical manifestations of
72 GO like exophthalmos, periorbital soft tissue swelling, the possible extraocular muscle dysfunction
73 with diplopia and more severe form with optic nerve compression (10). Clinical management of GO
74 is the most important challenge for clinicians and early diagnosis and correct staging of GO and its
75 inflammatory activity is important for timing and choice of treatment (11). In the early stage,
76 patients with GO may commonly have photophobia, excess tearing and grittiness probably
77 associated with a widened vertical palpebral fissure, and exophthalmos, which may accelerate
78 dehydration of the eyes (12,13). However, other studies suggest direct LG involvement leading to a
79 decrease in tear secretion (14,15). Different studies, CT-based (16,17,18) and, more recently, MRI-
80 based (19), found that the LG volume was significantly higher in patients with GO than in healthy
81 controls. To date no data are available about the difference in LG involvement between patients

82 with different levels of GO activity. Since different treatment strategies are required for patients
83 with active and inactive GO (20), the aim of this study was to evaluate a simple quantitative MRI-
84 derived parameter able to evaluate LG involvement (in terms of gland herniation) in relation to GO
85 activity.

86

87 **Materials and Methods**

88 Thirty-two consecutive Caucasian patients, 10 men and 22 women, median age 49.5 years (IR 30-
89 68), affected by GD with a diagnosis of GO were enrolled from June 2013 until November 2015 in
90 our Outpatients Clinic at the Endocrinology Section of the University of Palermo. Exclusion criteria
91 were previous orbital-cranial radiotherapy and immunosuppressive treatment for GO. All patients
92 gave their informed consent after approval by the local Ethical Committee. The diagnosis of GD
93 was based on standard criteria (4), including increased serum concentrations of free thyroxine (FT4)
94 and triiodothyronine (FT3), undetectable serum thyrotropin (TSH), positive tests for TRAb, diffuse
95 goiter by palpation or ultrasonography, and homogeneous pertechnetate uptake at thyroid scan. Six
96 out of 32 patients underwent total thyroidectomy while 26 patients received thyrostatic therapy with
97 methimazole 10-20 mg daily according to the severity of the hyperthyroidism. All patients
98 underwent clinical, biochemical and morphological thyroid assessment, complete ocular evaluation
99 and an orbital MRI examination on the same day as the endocrinological examination.

100

101 *Thyroid evaluation*

102 Serum FT4, FT3, TSH and TRAb were measured by Electro-chemiluminescence immunoassay
103 (E411 Roche device; normal values in our laboratory are: 7-17 pg/mL, 2-4.4 pg/mL, 0.2-4 µUI/mL
104 and < 1.58 U/L respectively).

105 In patients who never underwent thyroidectomy, among the thyroid ultrasound parameters we
106 evaluated thyroid lobe anteroposterior diameters (APD) and the right and left inferior thyroid artery
107 peak systolic velocity (PSV), using a Philips device.

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109 *Ophthalmological evaluation*

110 The examination included presence of diplopia, evaluation of ocular proptosis by Hertel
111 Exophthalmometry (HE), ocular pressure measurement, lid retraction measurements and soft tissue
112 signs to calculate the clinical activity score (CAS) according to the European Group On Graves'
113 Orbitopathy (EUGOGO) consensus statements (21) for both eyes. All patients were divided into
114 two groups according to their GO activity: group A (32 eyes of 16 patients) with inactive GO
115 ($CAS < 3$) and group B (32 eyes of 16 patients) with active GO ($CAS \geq 3$).

116

117 *Imaging assessment and lachrymal gland herniation measurement*

118 All subjects underwent orbital MRI scan at the Radiology Section of the University of Palermo. A
119 1.5 Tesla MRI scanner (Signa HDxt; GE Medical Systems; Milwaukee, WI, USA) was used for
120 orbital evaluation with an 8-channel phased-array head coil. A fast three-plane scout scan was used
121 to localize the region of interest. Axial planes were then planned parallel to the optic nerve (number
122 of slices accordingly adjusted to include all of orbits); coronal planes were planned perpendicular to
123 the axial plane (scan range was from lens to mid pons). The protocol employed was as follows:
124 axial T2-weighted (w) Fast Spin Echo (FSE) with fat saturation (FAT-SAT) (acquisition matrix:
125 288x256; slice thickness 3 mm; spacing 0,3 mm; TR 5452 ms; TE 119,088 ms; ETL 17; NEX 3),
126 axial T1-w FSE (acquisition matrix: 288x224; slice thickness 3 mm; spacing 0,3 mm; TR 295 ms;
127 TE 16,248 ms; ETL 3; NEX 2), axial T1-w FSE with FAT-SAT (acquisition matrix: 288x224; slice
128 thickness 3 mm; spacing 0,3 mm; TR 490 ms; TE 16,248 ms; ETL 3; NEX 2) and coronal T2-w
129 FSE (acquisition matrix: 288x256; slice thickness 3 mm; spacing 0,3 mm TR 6332 ms; TE 117,6
130 ms; ETL 17; NEX 3). After intravenous (i.v.) administration of 0.1 mmol/kg of gadobenate
131 dimeglumine (MultiHance®; Bracco Imaging SpA, Milano, Italy) the axial T1-w FSE FAT-SAT
132 sequence was repeated and then an axial three-dimensional Enhanced Fast Gradient Echo (3D-
133 EFGRE) inversion recovery for fat tissue (acquisition matrix: 256x256; slice thickness 1,2 mm;

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134 spacing 0,2 mm; TR 9,676 ms; TE 3,272 ms; IT 26 ms; FA 12; NEX 2) scan was acquired. Multi-
135 planar reconstructions (MPR) were obtained from the 3D-EFGRE sequence using a 3-mm slice
136 thickness and an average reconstruction algorithm. MRI findings were evaluated in consensus by
137 two experienced neuroradiologists (C. G., G. F.). Lachrymal gland herniation was evaluated on
138 axial MRI FSE-T2w sequences by drawing a line between the right and left ventral zygomatic
139 border (interzygomatic line). This line is commonly drawn at the level of the lens to evaluate the
140 amount of proptosis (from there, a perpendicular line is taken to the apex of the globe, depicting the
141 measurement of proptosis considering a Hertel-index of ≥ 22 mm pathological). We also drew the
142 interzygomatic line at the level of the maximum depicted lachrymal glands herniation on post-
143 gadolinium axial T1-w FSE FAT-SAT (or 3D-EFGRE's MPRs) sequences and, taking a
144 perpendicular line, we measured the amount of lachrymal gland parenchyma protruding anteriorly
145 (i.e.: lachrymal gland herniation).

146 All the MRI reconstructions and measurements were performed with independent_workstations
147 using the length and perpendicular lines tools of the Horos software
148 (<<https://www.horosproject.org/>>), a free, open-source medical image viewer software based upon
149 OsiriX and other open-source medical imaging libraries available under the GNU Lesser General
150 Public License, Version 3 (LGPL-3.0).

151

152 *Statistical analysis*

153 the Statistical Packages for Social Sciences (SPSS) version 20 was used for data analysis.
154 Normality of distribution for the continuous variables was assessed with the Kolmogorov-Smirnov
155 test. Data were presented as a median and interquartile ranges (IR) for continuous variables, rates
156 and proportions for categorical data. The differences between the two groups of patients were
157 evaluated with the Mann–Whitney test (non-parametric test), as they were continuous variables
158 without normal distribution. Univariate correlations among continuous variables were determined

159 by Spearman's test. To evaluate the independent variables influencing gland herniation, a linear
160 regression model was used. A p value <0.05 was considered statistically significant.

161

162 **Results**

163 The clinical, biochemical and ultrasound parameters of 32 patients, grouped according to CAS, are
164 shown in Table 1. The two groups were matched for gender, age, BMI. No difference was found for
165 the thyroid biochemical and ultrasound parameters. TRAb levels were slightly higher, although not
166 significantly, in group B [2.76 (0-40) vs. 1.74 (0-13.8) UI/L; p=0.073] than A (Table 1).

167 The ophthalmological clinical parameters are shown in Table 2. No differences between the two
168 groups of patients were found for all the evaluated parameters, except for diplopia, which was
169 significantly more prevalent in patients with active than inactive GO (81 vs. 31%; p=0.003).

170 The MRI-derived characteristics of LG are shown in Table 2. LG herniation was significantly
171 higher for both right [10.1 (7.3-17) vs. 7 (0-13.4) mm; p= 0.004] and left [8.5 (6.6-13) vs. 5.8 (0-
172 12) mm; p=0.026] eyes in group B than A (Figure 1 and 2).

173 Similarly, MRI-derived proptosis (Hertel-index) was significantly higher for both right [23.3 (20-
174 27.7) vs. 20 (15.1-26.2); p= 0.021] and left [23.7 (18-26.9) vs. 19.8 (13.3-26.2) mm; p= 0.036] eyes
175 in group B than A. A linear correlation was found between TRAb levels and LG herniation
176 measurement (Rho 0.462, p=0.009) in all patients (Figure 3).

177

178 **Discussion**

179 In this study we demonstrated significantly higher LG herniation, evaluated by the use of MRI
180 orbital examination, in patients with active than those with inactive GO. This parameter appears
181 useful for the differentiation between inactive and active GO and was correlated with TRAb levels.

182 Early diagnosis of GO and correct grading of the inflammation activity have primary importance in
183 GO management (11). Indeed, medical therapy by corticosteroids in the early stages of the disease
184 is considered useful to reduce inflammation and to obtain GO remission but is useless in fibrotic

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186 end-stages (11). The CAS, proposed by Mourits et al., is a validated scoring system for the
187 identification of the active phase of the autoimmune process (22). This system is based on the
188 assessment of inflammatory signs and symptoms (pain, eyelid and conjunctiva erythema, chemosis,
189 eyelid oedema) to distinguish acute inflammatory from fibrotic GO. These parameters have a high
190 predictive value for the outcome of immunosuppressive treatment in GO patients (22, 23).
191 According to the EUGOGO recommendations, $CAS \geq 3$ defines active GO with a positive predictive
192 value (PPV) of 65% and negative predictive value (NPV) of 56% for response to radiotherapy
193 (11,22,24). In this study, we demonstrate that MRI-derived LG herniation is a good and simple
194 parameter to differentiate inactive from active GO, which could be useful to improve the diagnostic
195 ability of CAS in some clinical cases. Indeed, other studies which evaluated orbital MRI combined
196 with CAS, demonstrate that no patients with $CAS < 3$ have really inactive GO (25,26). The most
197 important limits of the CAS are operator-dependent evaluation and imperfect differentiation of the
198 various degrees of inflammation activity. Indeed CAS 3 as well as CAS 6 are considered to show
199 active GO in the same way (25,27). Furthermore, the CAS attributes the same value to the various
200 signs and symptoms, each of which probably has different importance. Therefore, CAS could
201 require integration with other imaging-based examinations (1, 25, 28,). Orbital US is the simplest
202 examination to perform the measurement of muscular diameters but it is not able to evaluate the
203 orbital apex and is very operator-dependent. CT does not estimate muscle composition so it is not
204 able to directly identify inflammation and crystalline exposure to ionizing radiations limits its use
205 (29). Many recent studies have validated the utility of MRI in GO (29). Orbital MRI is able to
206 obtain detailed orbital anatomy representation and could differentiate inflammatory from fibrotic
207 alterations of orbital tissue (30,31). Fat suppression/saturation MRI techniques (i.e.: short tau
208 inversion recovery or STIR, difference in resonance frequency with water by means of frequency
209 selective pulses or CHESS, Dixon method, spectral presaturation with inversion recovery or SPIR)
210 have been found to be useful in detecting oedema in extra-ocular muscles which present longer T2
211 relaxation times than healthy controls (25,27,30,31,32). Other authors suggest using diffusion-

212 weighted imaging to detect extra-ocular muscles damage at a very early stage (33), though
213 conventional echo-planar pulse sequences are hardly applicable to this kind of study because of
214 many artifacts that could affect imaging quality.

215 The present study focuses on LG involvement evaluation in patient with GO. Previous studies,
216 performed in patients with GO, found a greater volume of LG evaluated by CT than those of
217 healthy controls (16,17,18). Recently, a study conducted by Hu et al evaluated the importance of
218 LG, based on 3.0 Tesla MR imaging, in the diagnosis of GO patients. This study showed a
219 significant difference in LG volume between GO and healthy controls, without difference between
220 inactive and active GO patients (19). To date a simple LG quantitative parameter that could
221 correlate with the GO staging has not yet been found. Our study demonstrates that LG involvement
222 could also be assessed by means of herniation using a simple quantitative measurement, although
223 with the limits related to the small sample and the lack of evaluation in healthy controls. In addition,
224 LG herniation could also be related to the growth of retro-orbital structures, as demonstrated by the
225 significant higher proptosis evaluated by MRI for both eyes in patients with active GO than in those
226 of patients with inactive GO in our cohort. However, LG involvement may also have an
227 independent pathogenic role in GO, as demonstrated by the study by Eckstein et al, who found the
228 presence of TSHR in LG tissues (14). These data are agreement with our study, which demonstrates
229 a linear correlation between LG herniation and TRAb levels.

230 In conclusion, the present study evaluated the role of a simple quantitative measurement of LG
231 herniation for GO staging, based on conventional MRI pulse sequences. This method, which is not
232 time-consuming, could be easily adopted in daily practice (especially if compared to manual or
233 semiautomatic volume-based methods). The results can be summarized as follows: measurement of
234 LG herniation seems to be a good marker of GO activity as evidenced by the significant difference
235 between the two groups of patients, proving useful to differentiate between active and inactive GO.
236 The correlation between TRAb levels and the degree of LG herniation may suggest a bigger role of

237 LG involvement in the pathogenesis of GO. Future studies in a larger group of patients with
238 different degrees of GO activity will confirm these preliminary data.

239

240 **Author Disclosure Statement**

241 There is no conflict of interest that could be perceived as prejudicing the impartiality of the research
242 reported.

243

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