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# May an adrenal incidentaloma change its nature?

Alessandra Müller<sup>1</sup>, Elisa Ingargiola<sup>1</sup>, Federica Solitro<sup>2</sup>, Enrico Bollito<sup>3</sup>, Soraya Puglisi<sup>1\*</sup>, 1 Massimo Terzolo<sup>1</sup>, Anna Pia<sup>1\*\*</sup>, Giuseppe Reimondo<sup>1\*\*</sup>. 2 \*\* have equally contributed as senior authors 3 <sup>1</sup> Internal Medicine, Department of Clinical and Biological Sciences, San Luigi Gonzaga Hospital, University of Turin, 4 5 Orbassano, Italy 6 <sup>2</sup> Radiology, Department of Oncology, San Luigi Gonzaga Hospital, University of Turin, Orbassano, Italy <sup>3</sup> Pathology, Department of Oncology, San Luigi Gonzaga Hospital, University of Turin, Orbassano, Italy 7 8 \* Corresponding Author: Soraya Puglisi 9 Internal Medicine, Department of Clinical and Biological Sciences, San Luigi Gonzaga Hospital, 10 Regione Gonzole 10, 10043 Orbassano, Italy; tel: +39 011 9026292, fax: +39 011 6705456 11 12 e-mail: sorayapuglisi@yahoo.it ORCID: 0000-0002-2883-6139 13 Keywords: incidentaloma, adrenal tumor, metastasis, PET, uptake, adrenalectomy, follow-up, lung 14 15 cancer. 16 **Author Contributions:** Clinical management of the patient: AP; Imaging review: FS; Pathological 17

review: EB; Drafting of the Manuscript: AM, EI; Critical Review of the Manuscript: SP, AP, GR,

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MT; Supervision: AP, GR, MT.

# 20 Abstract

21	Up to 70% of adrenal masses detected in patients affected by extra-adrenal malignancy are metastatic
22	lesions. Therefore, detection of an adrenal mass in patients with active or previous malignancy
23	requires a careful differential diagnostic work-up. <sup>18</sup> F-Fluorodeoxyglucose-positron emission
24	tomography/computed tomography (18F-FDG-PET/CT) is increasingly used to determine the
25	malignant potential of adrenal lesions.
26	We report the case of a 64-year-old man who had a single adrenal metastasis due to non-small-cell
27	lung carcinoma developing on a pre-existing benign adrenal lesion. This metastasis occurred in a
28	phase of perceived oncological remission and was detected thanks to \$^{18}\$F-FDG-PET/CT showing a
29	focal adrenal uptake. Contrast-enhanced computed tomography (CT), performed as part of
30	oncological follow-up, and MRI with chemical shift sequences did not lead to the correct diagnosis.
31	The patient underwent laparoscopic adrenalectomy and the pathological evaluation confirmed a lung
32	carcinoma metastasis.
33	The present case highlights the peculiarity of the follow-up of adrenal masses in cancer patients and
34	the primary role of <sup>18</sup> F-FDG-PET/CT in the management of such patients.

### Background

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37 About 2% of all incidentally detected adrenal masses are of metastatic nature. This percentage rises 38 to 30-70% in patients affected by an extra-adrenal malignancy [1]. The adrenal gland represents 39 indeed a frequent site of metastasis, due to its rich sinusoidal vascularization. Lung cancer followed 40 by breast cancer and melanoma are most likely to spread to the adrenal gland [2]. Rare cases of 41 collision tumors, defined as the coexistence of two different tumors in an adrenal gland, such as an 42 adrenal adenoma and an adrenal cancer or a metastatic tumor, have been described [3]. 43 Although no randomized study comparing imaging tests has been performed, non-contrast computed 44 tomography (CT) is generally considered as the first-line imaging test to make a differential 45 diagnosis between benign and malignant adrenal masses. Whenever the mass is considered of 46 indeterminate nature after non-contrast CT, second-line imaging tests, including CT with delayed contrast media washout, chemical shift MRI, and <sup>18</sup>F-FDG-PET/CT, are needed to define the 47 48 diagnosis [4]. Once that an adrenal incidentaloma is considered to be a benign lesion after an 49 appropriate work-up, it is not recommended to pursue a specific follow-up with repeated imaging 50 studies [4]. The recommendation is based on the very low chance that a benign adrenal lesion may 51 turn in a malignant one during follow-up [5].

We report here in a case that represents an exception to this general rule and underlines the challenges that may arise in the diagnosis of adrenal metastases.

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#### Case presentation

The patient is a 64-year-old man, ex-smoker (10 cigarettes/day), with an occupational exposure to silica dust and asbestos and a clinical history of chronic obstructive pulmonary disease and arterial hypertension. In 2008, a left adrenal nodule was occasionally detected and investigated with

59 endocrinological workup and non-contrast CT, which were suggestive for a benign, non-functioning, 60 adrenal adenoma. The lesion was of 30 mm in size with a density < 0 Hounsfield Units (HU) [Figure 61 1]. 62 In August 2015, a squamous cell carcinoma of the upper lobe of the right lung with mediastinal 63 lymphadenopathy was diagnosed. The patient was treated with chemo- and radiotherapy with 64 complete disease response and subsequent negative radiological follow-up. 65 In September 2017, a follow-up total body contrast-enhanced CT scan showed multiple pulmonary 66 lesions and a slight enlargement of the known left adrenal nodule (37 mm diameter) [Figures 2a and 67 2b]. Hounsfield Units and morphological characteristics were not reported. Due to the suspect of disease recurrence a <sup>18</sup>F-FDG-PET/CT scan was performed and it showed a focal pathological uptake 68 69 in the left adrenal region without relevant uptakes in other sites (absolute SUV value 7.8, 70 adrenal/liver ratio 3.5) [Figure 2c], while the pulmonary lesions resolved after antibiotic therapy. 71 The patient was then referred to our outpatient unit. A hormonal workup was negative for 72 hypercortisolism, primary hyperaldosteronism and catecholamine excess. All the available CT scans 73 were re-evaluated by an expert radiologist, who confirmed the increase in size (7 mm) and described 74 the adrenal mass as inhomogeneous with faintly irregular borders. Due to the changed radiological 75 characteristics an adrenal magnetic resonance imaging (MRI) with chemical shift sequences was 76 performed but was not conclusive in the differential diagnosis between a lipid-poor adenoma and a 77 malignant lesion, showing incomplete, inhomogeneous signal intensity loss in out-of-phase 78 sequences [Figures 3a and 3b]. 79 Following the pathological adrenal uptake at FDG-PET scan, not justified by an autonomous 80 hormone production, and the undetermined radiological characteristics at MRI the patient underwent 81 left laparoscopic adrenalectomy with an uneventful course. The pathological exam revealed that the 82 adrenal parenchyma was completely replaced by squamous carcinoma cells, with typical 83 adenomatous cells surrounding the central neoplastic core [Figures 4a and 4b].

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#### Discussion

Whether most adrenal masses detected in patients affected by extra-adrenal malignancies are of secondary nature, adrenal metastases are rarely found in non-oncological patients [1]. Therefore, a history of known extra-adrenal malignancy requires a particular attention to the possibility of an adrenal metastasis. A new adrenal lesion developing during oncological follow-up should also be viewed as suspicious. In clinical practice, the most commonly used imaging techniques to assess the risk of malignancy are: non-contrast CT, MRI with chemical shift sequences, and <sup>18</sup>F-FDG-PET/CT. The recent ESE/ENSAT guidelines on the management of adrenal incidentalomas recommended non-contrast CT as the first radiological test [4]. Adrenal lesions that are homogeneous, smaller than 4 cm, with density < 10 Hounsfield units (HU) are considered benign, lipid-rich adenomas. However, about 30% of adrenal adenomas are lipid-poor and show an attenuation value > 10 HU that overlaps with malignant lesions and pheochromocytomas [6-8]. The use of MRI with chemical shift sequences is based on the typical loss of signal intensity shown by intracellular lipid-rich lesions in out-of-phase sequences, while lipid-poor adenomas, malignant lesions and pheochromocytomas remain unchanged [9-11]. In patients with history of extra-adrenal malignancy, the ESE/ENSAT guidelines suggest the use of <sup>18</sup>F-FDG-PET/CT performed as part of oncological follow-up [4]. <sup>18</sup>F-FDG-PET/CT has the advantage of being able to detect malignant adrenal lesions with a low rate of false negatives (mainly metastases from tumors with low FDG-uptake, i.e. kidney cancer [12]) and a certain rate of false positives (i.e., functional adenomas [13]) [14]. Routine use of <sup>18</sup>F-FDG-PET/CT in patients without history or suspect of malignancy is currently not recommended, but a recent prospective study showed that it has an excellent negative predictive value in the characterization of indeterminate and/or large adrenal masses in non-cancer patients [15].

In our patient, the contrast-enhanced CT performed during the oncological follow-up reported only a slight enlargement of the known adrenal lesion and only the radiological revision, requested after the <sup>18</sup>F-FDG-PET/CT, showed changes of the lesion's features. The <sup>18</sup>F-FDG-PET/CT was done primarily for the suspect of pulmonary progression of disease but showed a single, focal uptake of the known adrenal lesion. Since the mass has been previously recognized as benign, further diagnostic tests were done. Hormone assessment was unrewarding, and MRI was still compatible with a lipid-poor adenoma. Our case represents a "real-life" demonstration of the limits of radiological and functional imaging in defining adrenal masses nature, especially in patients with known oncological history. These limits have been widely analyzed in a systematic review and metaanalysis [16] which laid the groundwork for the recommendations given by the ESE/ENSAT guidelines, especially when second-line imaging techniques are used in indeterminate adrenal masses. Despite the great potential of available radiological and functional imaging, there are not only difficulties related to the heterogeneity of both benign and malignant adrenal lesions and to the frequent overlap in imaging features [17], but also the expertise of the single radiologist and clinician influence the patient's diagnostic pathway in clinical practice. In our patient, since radiological and functional imaging were not conclusive in defining the nature of the adrenal lesion's changes, a histopathological evaluation was considered essential. The multidisciplinary team discussion considered the adrenal biopsy a possible choice, but since we had a consistent suspicion of malignancy and the patient was in excellent clinical conditions with a prolonged disease-free interval following oncological treatment of his non-small cell lung cancer (NSCLC), we decided to be proactive and recommended surgical removal of the adrenal lesion. Our choice was also supported by the expertise of our surgeon and the notion of a favorable outcome of patients who underwent removal of solitary adrenal metastases from different cancer types, including NSCLC.

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Since the first description of adrenalectomy for isolated metastasis in 1982 [18], many retrospective series showed a potential benefit in survival in well-selected patients undergoing surgical treatment [19-26].

In recent years, there is growing evidence in support of use of laparoscopic approach in malignant adrenal lesions ensuring an adequate oncologic result, in addition to the advantages of mini-invasive surgery in terms of safety and post-operative recovery [27-30]. Therefore, laparoscopic adrenalectomy represents the first-choice surgical option in these patients.

Given the low probability that a benign adrenal lesion becomes malignant during follow-up [5], an active imaging surveillance of adrenal incidentalomas that are characterized to be benign is currently not recommended [4, 31]. However, oncological patients may represent a possible exception to the rule because neoplastic cells may be seeded in a pre-existing benign lesion. Whether the coexistence of a metastasis in an adrenal benign lesion is an incidental occurrence or represents the result of changes in the local environment that may favor hematogenous metastatization in an adrenal adenoma is not still clear. In 2014, Untch and colleagues [3] reviewed 11 histopathologically-proved adrenal collision tumors described in literature. In the last five years other 14 case reports of adrenal collision tumors have been published [3, 32-51]. The 25 cases are summarized in Table 1. In 18 cases, an adrenal adenoma was present. In 17 cases a malignant component was described, in 6 cases of primitive adrenal origin, in 11 cases of metastatic nature. 3 cases were lung cancer metastases, one small cell lung carcinoma (SCLC) and two NSCLC.

#### **Conclusions**

In conclusion, we have reported the development of a solitary adrenal metastasis on a pre-existing benign adrenal lesion in a patient with a NSCLC in apparent clinical remission. Although oncologists and pneumologists, familiar with the way of metastatic spreading of lung carcinoma, are used to follow up patients with total body CT, this case report highlights the peculiarity of the follow-up of adrenal masses in cancer patients. While imaging follow-up of adrenal incidentalomas is seldom recommended [4, 5, 31] any adrenal lesion in a patient with known oncological disease should be carefully evaluated at any restaging, even if the mass has been previously labelled as benign. This is of utmost importance when a complete response of the primary cancer has been obtained after treatment, since the detection of new adrenal metastasis may change the management plan. In this clinical scenario, <sup>18</sup>F-FDG-PET/CT represents a valid tool to guide clinicians in the decision-making process [52].

## **Conflict of Interest**

On behalf of all authors, the corresponding author states that there is no conflict of interest.

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