Association Between Frequency of Food Consumption and Histopathological Prognosis of Papillary Thyroid Cancer

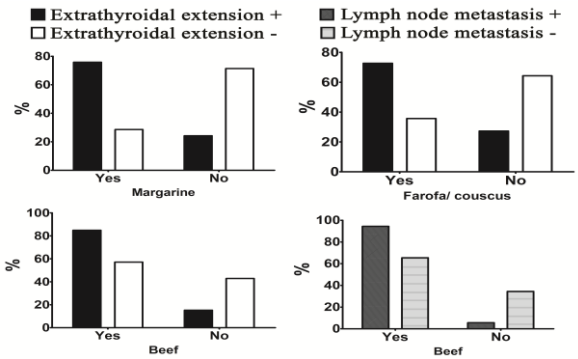
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I. Abstract Body

Papillary thyroid cancer (PTC) has a good prognosis, but about 30% of individuals with the disease may develop more aggressive tumors. However, the mechanisms that lead to greater aggressiveness in PTC are not clear. In this purpose, the objective of this study was to investigate the association between the frequency of food consumption and the predictors of tumor histopathological prognosis of PTC. Forty-seven individuals with PTC had their eating habits investigated by a semi-quantitative Food Frequency Questionnaire (FFQ), focusing on the food or food group previously associated with TC. Foods consumed more than 1x / week by at least 50% of the patients were individually investigated for associations with the predictors of PTC histopathological prognosis: invasion, extrathyroidal extension, multicentricity, lymph node metastasis and tumor size. The results showed that patients consuming margarine or couscous/farofa more than 1x/week were 7.812 (95% CI: 1.914-31.889, p = 0.004) and 4.905 (95% CI: 2.593-9.278; p <0.0001) respectively, more likely to develop tumors with extrathyroidal extension. The ones who consumed beef more than 1x / week were 4.200 (95% CI: 1.012-17.434; p = 0.48) more likely to have extra-thyroidal extension, and 8.9741 more likely (IC: 035-77,371; p = 0.046) to present lymph node metastasis. Our results suggest that the consumption of these foods in quantities greater than 1x / week may be associated with more aggressive CPT tumors, however, further studies are necessary to confirm these findings.

II. Figure :



Foods that were intake greater than 1x / week for at least 50% of patients with CPT and their associations with lymph node metastases and thyroid extension

III. Reference:

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IV. Biography:

Lara Lima is specialist in Clinical Nutrition and has completed his Master at the age of 31 years from Diagnosis and Nutritional Intervention at University Federal of Rio Grande do Norte, Brazil.

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