A Correlative Cytological and Histopathological Study on Superficial Lymphadenopathy

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Abstract: The lymph node is one of the major anatomic components of the immune system. Lymph nodes are the most widely distributed and easily accessible component of lymphoid tissue and hence they are frequently examined for diagnosis of lymphoreticular disorders. Objectives: To assess the usefulness of the cytological study in the diagnosis of lymph node lesions, To evaluate the accuracy of FNAC studies in correlation with histopathological study. Study design: cross sectional study. Specimens obtained from patients having lymph node enlargement (cervical, inguinal, axillary) of Govt Rajaji Hospital Madurai Medical College, Madurai were included in the study. FNAC was performed 388 patients, Out of which 87 patients had histopathological correlation, The overall sensitivity for FNAC of superficial lymphadenopathy was 91.6%, specificity was 98.3%, and accuracy was 97%.The result are quite encouraging and FNAC is recommended as the initial diagnostic test in the evaluation of superficial lymphadenopathy. Although FNAC has proven to be a simple, safe, reliable and cost effective diagnostic tool for lymphadenopathies, the limitation of the procedure should be kept in mind and excision biopsy should be used whenever required. Immunohistochemical staining is useful for confirmation of diagnosis in nodal lesions especially lymphoma and for further classification of lymphoma

Keywords: FNAC, Histo pathology, correlation, superficial lymphadenopathy

1. Introduction

The lymph node is one of the major anatomic components of the immune system. Lymph nodes are the most widely distributed and easily accessible component of lymphoid tissue and hence they are frequently examined for diagnosis of lymphoreticular disorders. Diagnosis of lymphadenopathy depends mainly on excision of a gland and histopathological examination. For this, general anaesthesia and hospitalisation are required. Fine needle aspiration cytology, on the other hand, is free from these disadvantages and can safely be used as an alternative or complementary investigative technique.

Grieg and Gray¹ used aspiration of lymph nodes as early as in 1904 for the diagnosis of sleeping sickness by recognizing mobile trypanosomes.

Guthrie in 1921² compiled one of the earliest series on aspiratin biopsy from cervical lymphadenopathy, describing cell specimens from lymphadenitis, metastatic carcinoma, and Hodgkin’s disease. Forkner³ in 1927 studied node punctures from 30 patients, and Martin and Ellis⁴ in 1930 aspirated from lymph nodes in 23 cases.

FNA biopsy rarely interferes significantly with histological interpretation⁵. FNA biopsy can be useful to obtain material for culture, because a specific diagnosis can lead to specific therapy⁶. A normal lymph node is rarely palpable. Cytological characteristics of cells from a normal lymph node are essentially based on the morphology of individual cells as observed in the aspirate from a reactive lymph node. The lymphocytes constitute 87% to 99%, Plasma cells 0% to 5% and remainder cells (histiocytes, mast cells, eosinophils and neutrophils) 1% to 3%.

The aim of the study was to evaluate the accuracy of FNAC studies in correlation with histopathological study, To compare the sensitivity, specificity and accuracy with previous studies conducted at other centres, To determine and evaluate the causes for false positivity and negativity and to arrive at possible suggestions to minimize the percentage, in this regard.

2. Material and Methods

The present study was carried out in the Department of Pathology, Madurai Medical College, Madurai, India for a period of 2 years.

The cytological materials were obtained in the form of smears, which were fixed in 95% alcohol for PAP and H&E staining. The aspiration syringes used were 10-20ml and needle size between 22-23 gauges.

The specimens were received from Department of Surgery, Government Rajaji Hospital, Madurai. Details of the patients such as clinical and personal history were recorded including details of operative findings, macroscopic and microscopic features.

The histopathology specimens were fixed in 10% buffered formal saline. After paraffin embedding 5 micron thick sections were made, stained with H&E and PAP. Special stains such as Reticulin were used as and when required. Immuno histochemical studies were done in relevant cases.

The results of the lymph node were divided in the following diagnostic categories: Reactive lymphadenitis, Tuberculous Lymphadenitis, Lymphomas and metastatic deposits.

A suspicious report was issued when there were only few abnormal cell or cells lacking the majority of criteria for malignancy. Specimens were considered unsatisfactory when there were sparse lymphoid elements, poor cell preservation or much blood. The results of both procedures were compared. The formulae for assessing sensitivity and specificity are as follows:
Out of the 87 smears studied, 21 cases (24.1%) were reactive lymphadenitis, 26 cases (29.9%) were Tuberculous lymphadenitis, 6 cases (6.9%) were Non Hodgkin’s Lymphoma, 3 cases (3.4%) were Hodgkin’s Lymphoma, 30 cases (34.5%) were Metastatic deposits and one case was (1.2%) found to be unsatisfactory. (Table 1)

The commonest non-neoplastic lesion encountered was tuberculous lymphadenitis. The most common malignant lesion diagnosed was metastatic carcinomatous deposits.

<table>
<thead>
<tr>
<th>FNAC Diagnosis</th>
<th>Number of Cases</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reactive Lymphadenitis</td>
<td>21</td>
<td>24.1%</td>
</tr>
<tr>
<td>Tuberculous Lymphadenitis</td>
<td>26</td>
<td>29.9%</td>
</tr>
<tr>
<td>Non Hodgkin’s Lymphoma</td>
<td>6</td>
<td>6.9%</td>
</tr>
<tr>
<td>Hodgkin’s Lymphoma</td>
<td>3</td>
<td>3.4%</td>
</tr>
<tr>
<td>Metastatic Deposits</td>
<td>30</td>
<td>34.5%</td>
</tr>
<tr>
<td>Unsatisfactory</td>
<td>1</td>
<td>1.2%</td>
</tr>
</tbody>
</table>

Histopathological Diagnosis:
The histopathological diagnosis offered for the 87 cases is shown in table2. Out of the 87 cases 20 cases (23%) were reactive lymphadenitis, 29 cases (33.3%) were Tuberculous lymphadenitis, 4 cases (4.6%) were Non Hodgkin’s Lymphoma, 4 cases (4.6%) were Hodgkin’s Lymphoma, one case (1.2%) was Leukemia involving the lymph node and 29 cases (33.3%) were Metastatic deposits. The most common non-neoplastic lesion encountered was tuberculous lymphadenitis. Among the malignant lesion, most common was metastatic carcinomatous deposits.

<table>
<thead>
<tr>
<th>HP Diagnosis</th>
<th>Number of cases</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reactive Lymphadenitis</td>
<td>20</td>
<td>23%</td>
</tr>
<tr>
<td>Tuberculous Lymphadenitis</td>
<td>29</td>
<td>33.3%</td>
</tr>
<tr>
<td>Non Hodgkin’s Lymphoma</td>
<td>4</td>
<td>4.6%</td>
</tr>
<tr>
<td>Hodgkin’s Lymphoma</td>
<td>4</td>
<td>4.6%</td>
</tr>
<tr>
<td>Leukemia involving the Lymph node</td>
<td>1</td>
<td>1.2%</td>
</tr>
<tr>
<td>Metastatic Deposits</td>
<td>29</td>
<td>33.3%</td>
</tr>
</tbody>
</table>

Correlation between cytological and histopathological diagnosis
Out of the 21 smears of reactive lymphadenitis, 18 were diagnosed as reactive lymphadenitis by histopathology, 2 were diagnosed as tuberculous lymphadenitis, and one case was diagnosed as Hodgkin’s Lymphoma. All the 26 smears of tuberculous lymphadenitis were confirmed by histopathology.

Out of 6 smears of Non Hodgkin’s Lymphoma, only 4 cases were diagnosed by histopathology, one case turned out to be a reactive lymphadenitis and one case was turned out to be a Leukemia involving the lymph node. All the 3 smears of Hodgkin’s Lymphoma were confirmed by Hodgkin’s Lymphoma by histopathology. Out of 30 smears of metastatic deposits, 29 were diagnosed as same by histopathology and one was diagnosed as reactive lymphadenitis.

There was an excellent correlation in cases of tuberculous lymphadenitis (100%) and Hodgkins Lymphoma (100%).

Table 3 illustrates the correlation obtained between cytological and histopathological diagnosis.

<table>
<thead>
<tr>
<th>FNAC Diagnosis</th>
<th>Reactive</th>
<th>TB</th>
<th>NHL</th>
<th>HL</th>
<th>Leukemia</th>
<th>Metastatic</th>
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<tbody>
<tr>
<td>No of cases</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Reactive</td>
<td>21</td>
<td>18</td>
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<td>1</td>
<td>1</td>
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</tr>
<tr>
<td>TB</td>
<td>26</td>
<td>---</td>
<td>26</td>
<td>---</td>
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<td>1</td>
<td>4</td>
<td>1</td>
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<td>---</td>
</tr>
<tr>
<td>HL</td>
<td>3</td>
<td>---</td>
<td>---</td>
<td>3</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Leukemia</td>
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<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Metastatic</td>
<td>30</td>
<td>1</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>29</td>
</tr>
<tr>
<td>Unsatisfactory</td>
<td>1</td>
<td>---</td>
<td>1</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
</tbody>
</table>

4. Sensitivity and Specificity

Reactive Lymphadenitis
Out of 21cases, which were diagnosed cytologically as reactive lymphadenitis, 18 cases turned out to be reactive process (True Positive-18) and 2 cases were tuberculous lymphadenitis and one case turned out to be a Hodgkin’s Lymphoma. (False Positive-3) The sensitivity of FNAC in diagnosing reactive lymphadenitis was found to be 90%. One case, which was diagnosed as metastatic deposits and other case that was diagnosed cytologically as lymphoma turned out to be a reactive lymphadenitis histopathologically. Hence, specificity for this lesion is 95.6% and accuracy was 93.1%.

Tuberculous Lymphadenitis
26 cases, which were diagnosed as tuberculous lymphadenitis cytologically were confirmed by histopathology also. (True Positive-26). Two cases, which were diagnosed as reactive lymphadenitis cytologically, turned out to be tuberculous in histopathology (False Negative-2). The sensitivity, specificity and accuracy rates were 92.8%, 100%, and 96.5% respectively.

Non-Hodgkin’s Lymphoma
Out of 6 cases diagnosed cytologically, only 4 were confirmed by histopathology (True Positive-4). One case turned out to be a Leukemia involving the lymph node and other turned out to be a reactive lymphadenitis. The sensitivity of Non-Hodgkin’s Lymphoma was 100%, the...
In the present study, the sensitivity for tuberculous lymphadenitis is 92.8%. Two cases of tuberculous lymphadenitis diagnosed as reactive lymphadenitis on cytological examination were subsequently found to be tuberculous lymphadenitis in histopathology. Probably, the representative samples were not obtained in these cases.

The diagnostic accuracy in the present study is 96.5%. This is higher than accuracy rate of other research workers. The success result of FNAC in tuberculous lymphadenitis by other research workers were 80% (Bloch, 1967); 87.18% (Patra et al, 1983)10; and 83.33% (Dandapat et al, 1986)11.

**Non Hodgkin's Lymphoma**

Cytological criteria for diagnosing Non Hodgkin’s Lymphoma were monomorphism and macronucleoli. Although sub classification was attempted, the aim was to distinguish lymphoma from hyperplasia.

Grossly cut surface of enlarged lymph node showed gray white and fish flesh appearance.

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**5. Discussion**

The recent trend in medical practice is toward adopting a diagnostic modality, which is both cost effective and minimally invasive. In this regard, FNAC is often used as a first line of investigation for screening cases with lymphadenopathy, since this method is easy to perform, rapid, and inexpensive. FNAC can help not only to differentiate among lymphoma, and metastasis, but also to identify nonspecific reactive lymphadenitis and specific infections such as tuberculous lymphadenitis.

**Reactive Lymphadenitis**

The cytological features of reactive lymphadenitis revealed cellular specimens composed of small lymphocytes predominated with a few neutrophils, plasma cells, histiocytes elongated fibroblasts and phagocytes.

Grossly the affected lymph nodes were enlarged and firm. Histologically reactive lymphadenitis showed follicular, sinus, or mixed patterns.
Histopathological examination of Small Lymphocytic Lymphoma shows loss of architecture and replaced by diffuse proliferation of well differentiated, mature, small and uniform lymphocytes without cytologic atypia or significant mitoses.

Histopathologically Diffuse Large cell Lymphoma have diffuse pattern of involvement by large cells showing round to oval nucleus and two to three nucleoli, with increased mitotic activity.

Reticulin stain in a case of Non Hodgkin’s Lymphoma showed a fine, branching reticulin network with pericellular fibrils characterize the lymphoma.

Immuno histochemically three of Non Hodgkin’s Lymphoma cases showed CD 20 positivity.

The diagnostic accuracy of Non Hodgkin’s lymphoma is 97.7% Aspirate of one patient was false-positively interpreted as lymphoma, who had a corresponding biopsy showing reactive hyperplasia. This error was made because of the presence of a few cells with large nucleoli. Some of these cells were histiocytes and others were immature lymphocytes from the germinal centers. Lee et al also found difficult in differentiating between reactive hyperplasia and lymphoma by cytology alone.

**Hodgkin’s Lymphoma**

In Hodgkin’s lymphoma, the main cytological feature was polymorphism constituted by immature lymphocytes, eosinophils and Reed-Sternberg cells.

Grossly the cut surface of Hodgkin’s lymphoma showed nodular scarring in nodular sclerosis type whereas mixed cellularity type showed abundance of necrosis.

On microscopic examination of nodular sclerosis type of Hodgkin’s lymphoma showed variable amount of fibrous tissue and characteristic lacunar type of RS cells.

Immuno histochemical markers CD15 and CD 30 were positive in a case of Hodgkin’s Lymphoma mixed cellularity type.

The diagnostic accuracy of Hodgkin’s lymphma is 98.8%. One case was diagnosed as reactive lymphadenitis in cytology, but showed Hodgkin’s lymphoma in histopathology. This may be due to absence of Reed-Sternberg cells in the cytology smears.

During the study period, one case was diagnosed histopathologically as reactive lymphadenitis. After six months, the same case was rediagnosed as suggestive of Hodgkin’s Lymphoma cytologically and that was confirmed by histopathology also.

In False negative cases, it may be necessary to repeat FNAC studies, if there is strong clinical suspicion of neoplasm. Sometimes False negative results can be encountered due to small or inaccessible nodes, fibrosis, necrosis or sampling the wrong node.

Gupta et al (1977)\(^{12}\) who exclusively studied aspiration smears of lymphoma cases also mentioned the possibility of overlap among reactive hyperplasia, lymphocytic lymphoma and Hodgkin’s disease.

Gupta et al (1977)\(^{12}\), Tripathi et al (1985)\(^{13}\), Mondal et al (1989)\(^{14}\) and Al-Muhim et al(2004)\(^{15}\) quoted the diagnostic accuracy in lymphoma as 84%, 80%,96.2% and 88% respectively. In the present study, the diagnostic accuracy was 97.7%.

**Leukaemia involving Lymph node**

Histopathologically Acute Lymphoblastic Leukaemia involving the lymph node was appearing to begin at the center of the node residual lymph node structure was seen at the periphery.

One case was reported as suggestive of lymphoma in F.NAC, tissue section of the same lymph node when correlated with blood smear findings, revealed evidence of leukemia involving the lymph node. In such cases, it is very difficult to differentiate between Non-Hodgkin's lymphoma and leukemic infiltration on the examination of cytological smears alone. Hence, in all cases of suspected lymphoma, details regarding haematological and smear findings and narrow features are essential for correlative study.

**Metastatic Deposits**

The FNAC from metastatic carcinoma was cell rich chiefly with cells foreign to lymph nodes, but occasionally, intermingled with lymphoid cells. Specific primary site identification was accurate in many cases.

Cells from squamous cell carcinoma, papillary adenocarcinoma and malignant melanoma were the easiest to identify. Cells from squamous cell carcinoma were single, pleomorphic and had abundant homogeneous keratinized cytoplasm with central nuclei. Papillary clusters, intranuclear clear areas and rare psammoma bodies were characteristic features of papillary thyroid carcinoma . Metastatic melanoma showed features of isolated oval cells, two or three distinct cell populations based on cell size, multinucleation, macro nucleoli, and intra nuclear inclusions.

Grossly metastatic deposits of malignant melanoma showed brownish melanin pigment deposits. Metastatic deposits of squamous cell carcinoma showed grayish white tumour areas.

Histopathologically, in malignant melanoma lymph node was partially replaced by melanoma cells showing marked pleomorphism and prominent melanin pigments. Reticulin stain of squamous cell carcinoma showed thick reticulin fibres surrounding the cords and islands of carcinoma cells.

During the study period, metastatic squamous cell carcinoma was found in maximum number (41.3%) followed by adenocarcinoma (27.6%). This is correlating with the study of Hema arora et al.\(^{16}\)
In the present study the accuracy rate of diagnosing metastatic carcinoma is 98.8%. It is higher than the accuracy reported by Gupta et al (90%) and Tripathi et al (80.2%).

In the present study overall sensitivity, specificity and accuracy of F.N.A.C in superficial lymphadenopathy were 91.6%, 98.3%, 97% respectively.

Table 6 shows the comparative study of accuracy of individual lesions with various authors.

Table 7 shows the comparative study of sensitivity, specificity and accuracy of F.N.A.C in superficial lymphadenopathy with various studies.

Table 6: Comparison of Diagnostic accuracy of individual lesions

<table>
<thead>
<tr>
<th>Author</th>
<th>Reactive</th>
<th>TB</th>
<th>NHL</th>
<th>HL</th>
<th>Metastatic</th>
<th>Overall accuracy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondal A et al (1989)</td>
<td>97</td>
<td>100%</td>
<td>92.3%</td>
<td>100%</td>
<td>98.4%</td>
<td>96.2%</td>
</tr>
<tr>
<td>Al Muhlim et al (2004)</td>
<td>100%</td>
<td>93%</td>
<td>86%</td>
<td>90%</td>
<td>91%</td>
<td>93%</td>
</tr>
<tr>
<td>Current Study</td>
<td>93.1%</td>
<td>96.1%</td>
<td>97.7%</td>
<td>98.6%</td>
<td>98.8%</td>
<td>97%</td>
</tr>
</tbody>
</table>

Table 7: Comparative Study of Sensitivity, Specificity & Accuracy observed in various studies on lymph node lesions

<table>
<thead>
<tr>
<th>Author (Year)</th>
<th>Sensitivity</th>
<th>Specificity</th>
<th>Accuracy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lioe TF et al (1999)</td>
<td>85.4%</td>
<td>100%</td>
<td>94.4%</td>
</tr>
<tr>
<td>Van de School et al (2001)</td>
<td>92%</td>
<td>90%</td>
<td>-</td>
</tr>
<tr>
<td>Gupta RK et al (2003)</td>
<td>92.7%</td>
<td>98.5%</td>
<td>96.3%</td>
</tr>
<tr>
<td>Stiegler R et al (2003)</td>
<td>97.6%</td>
<td>96.0%</td>
<td>-</td>
</tr>
<tr>
<td>-</td>
<td>91.6%</td>
<td>98.3%</td>
<td>97%</td>
</tr>
</tbody>
</table>

6. Conclusion

“A correlative cytological and histopathological study on superficial lymphadenopathy” revealed the overall sensitivity was 91.6%, specificity was 98.3% and accuracy was 97%. False positive and false negative reports can be minimized by sampling appropriate nodes and by correlative haematologic study.

The results are quite encouraging and FNAC is recommended as the initial diagnostic test in the evaluation of superficial lymphadenopathy. Although FNAC has proven to be a simple, safe, reliable and cost effective diagnostic tool for lymphadenopathies, the limitation of the procedure should be kept in mind and excision biopsy should be used whenever required. Immunohistochemical staining is useful for confirmation of diagnosis in nodal lesions especially lymphoma and for further classification of lymphomas.

References

[16] Hema arora, P.V.Patil M.D: Role of fine needle aspiration cytology in superficial lymphadenopathy,. District Hospital & KLES Hospital and Medical Research Centre, Belgaum , 2000.