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ЕЖЕМЕСЯЧНЫЙ НАУЧНЫЙ ЖУРНАЛ

Медицинские новости Грузии
საქართველოს სამედიცინო სიახლენი

GEORGIAN MEDICAL NEWS

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GMN: Georgian Medical News is peer-reviewed, published monthly journal committed to promoting the science and art of medicine and the betterment of public health, published by the GMN Editorial Board since 1994. GMN carries original scientific articles on medicine, biology and pharmacy, which are of experimental, theoretical and practical character; publishes original research, reviews, commentaries, editorials, essays, medical news, and correspondence in English and Russian.

GMN is indexed in MEDLINE, SCOPUS, PubMed and VINITI Russian Academy of Sciences. The full text content is available through EBSCO databases.

GMN: Медицинские новости Грузии - ежемесячный рецензируемый научный журнал, издаётся Редакционной коллегией с 1994 года на русском и английском языках в целях поддержки медицинской науки и улучшения здравоохранения. В журнале публикуются оригинальные научные статьи в области медицины, биологии и фармации, статьи обзорного характера, научные сообщения, новости медицины и здравоохранения. Журнал индексируется в MEDLINE, отражён в базе данных SCOPUS, PubMed и ВИНТИ РАН. Полнотекстовые статьи журнала доступны через БД EBSCO.

GMN: Georgian Medical News – საქართველოს სამედიცინო სიახლენი – არის ყოველთვიური სამეცნიერო სამედიცინო რეცენზირებადი ჟურნალი, გამოიცემა 1994 წლიდან, წარმოადგენს სარედაქციო კოლეგიისა და აშშ-ის მეცნიერების, განათლების, ინდუსტრიის, ხელოვნებისა და ბუნებისმეტყველების საერთაშორისო აკადემიის ერთობლივ გამოცემას. GMN-ში რუსულ და ინგლისურ ენებზე ქვეყნდება ექსპერიმენტული, თეორიული და პრაქტიკული ხასიათის ორიგინალური სამეცნიერო სტატიები მედიცინის, ბიოლოგიისა და ფარმაციის სფეროში, მიმოხილვითი ხასიათის სტატიები.

ჟურნალი ინდექსირებულია MEDLINE-ის საერთაშორისო სისტემაში, ასახულია SCOPUS-ის, PubMed-ის და ВИНТИ РАН-ის მონაცემთა ბაზებში. სტატიების სრული ტექსტი ხელმისაწვდომია EBSCO-ს მონაცემთა ბაზებშიდან.

WEBSITE

www.geomednews.com

К СВЕДЕНИЮ АВТОРОВ!

При направлении статьи в редакцию необходимо соблюдать следующие правила:

1. Статья должна быть представлена в двух экземплярах, на русском или английском языках, напечатанная через **полтора интервала на одной стороне стандартного листа с шириной левого поля в три сантиметра**. Используемый компьютерный шрифт для текста на русском и английском языках - **Times New Roman (Кириллица)**, для текста на грузинском языке следует использовать **AcadNusx**. Размер шрифта - **12**. К рукописи, напечатанной на компьютере, должен быть приложен CD со статьей.

2. Размер статьи должен быть не менее десяти и не более двадцати страниц машинописи, включая указатель литературы и резюме на английском, русском и грузинском языках.

3. В статье должны быть освещены актуальность данного материала, методы и результаты исследования и их обсуждение.

При представлении в печать научных экспериментальных работ авторы должны указывать вид и количество экспериментальных животных, применявшиеся методы обезболивания и усыпления (в ходе острых опытов).

4. К статье должны быть приложены краткое (на полстраницы) резюме на английском, русском и грузинском языках (включающее следующие разделы: цель исследования, материал и методы, результаты и заключение) и список ключевых слов (key words).

5. Таблицы необходимо представлять в печатной форме. Фотокопии не принимаются. **Все цифровые, итоговые и процентные данные в таблицах должны соответствовать таковым в тексте статьи.** Таблицы и графики должны быть озаглавлены.

6. Фотографии должны быть контрастными, фотокопии с рентгенограмм - в позитивном изображении. Рисунки, чертежи и диаграммы следует озаглавить, пронумеровать и вставить в соответствующее место текста **в tiff формате**.

В подписях к микрофотографиям следует указывать степень увеличения через окуляр или объектив и метод окраски или импрегнации срезов.

7. Фамилии отечественных авторов приводятся в оригинальной транскрипции.

8. При оформлении и направлении статей в журнал МНГ просим авторов соблюдать правила, изложенные в «Единых требованиях к рукописям, представляемым в биомедицинские журналы», принятых Международным комитетом редакторов медицинских журналов - <http://www.spinesurgery.ru/files/publish.pdf> и http://www.nlm.nih.gov/bsd/uniform_requirements.html. В конце каждой оригинальной статьи приводится библиографический список. В список литературы включаются все материалы, на которые имеются ссылки в тексте. Список составляется в алфавитном порядке и нумеруется. Литературный источник приводится на языке оригинала. В списке литературы сначала приводятся работы, написанные знаками грузинского алфавита, затем кириллицей и латиницей. Ссылки на цитируемые работы в тексте статьи даются в квадратных скобках в виде номера, соответствующего номеру данной работы в списке литературы. Большинство цитированных источников должны быть за последние 5-7 лет.

9. Для получения права на публикацию статья должна иметь от руководителя работы или учреждения визу и сопроводительное отношение, написанные или напечатанные на бланке и заверенные подписью и печатью.

10. В конце статьи должны быть подписи всех авторов, полностью приведены их фамилии, имена и отчества, указаны служебный и домашний номера телефонов и адреса или иные координаты. Количество авторов (соавторов) не должно превышать пяти человек.

11. Редакция оставляет за собой право сокращать и исправлять статьи. Корректур авторам не высылаются, вся работа и сверка проводится по авторскому оригиналу.

12. Недопустимо направление в редакцию работ, представленных к печати в иных издательствах или опубликованных в других изданиях.

При нарушении указанных правил статьи не рассматриваются.

REQUIREMENTS

Please note, materials submitted to the Editorial Office Staff are supposed to meet the following requirements:

1. Articles must be provided with a double copy, in English or Russian languages and typed or computer-printed on a single side of standard typing paper, with the left margin of 3 centimeters width, and 1.5 spacing between the lines, typeface - **Times New Roman (Cyrillic)**, print size - 12 (referring to Georgian and Russian materials). With computer-printed texts please enclose a CD carrying the same file titled with Latin symbols.

2. Size of the article, including index and resume in English, Russian and Georgian languages must be at least 10 pages and not exceed the limit of 20 pages of typed or computer-printed text.

3. Submitted material must include a coverage of a topical subject, research methods, results, and review.

Authors of the scientific-research works must indicate the number of experimental biological species drawn in, list the employed methods of anesthetization and soporific means used during acute tests.

4. Articles must have a short (half page) abstract in English, Russian and Georgian (including the following sections: aim of study, material and methods, results and conclusions) and a list of key words.

5. Tables must be presented in an original typed or computer-printed form, instead of a photocopied version. **Numbers, totals, percentile data on the tables must coincide with those in the texts of the articles.** Tables and graphs must be headed.

6. Photographs are required to be contrasted and must be submitted with doubles. Please number each photograph with a pencil on its back, indicate author's name, title of the article (short version), and mark out its top and bottom parts. Drawings must be accurate, drafts and diagrams drawn in Indian ink (or black ink). Photocopies of the X-ray photographs must be presented in a positive image in **tiff format**.

Accurately numbered subtitles for each illustration must be listed on a separate sheet of paper. In the subtitles for the microphotographs please indicate the ocular and objective lens magnification power, method of coloring or impregnation of the microscopic sections (preparations).

7. Please indicate last names, first and middle initials of the native authors, present names and initials of the foreign authors in the transcription of the original language, enclose in parenthesis corresponding number under which the author is listed in the reference materials.

8. Please follow guidance offered to authors by The International Committee of Medical Journal Editors guidance in its Uniform Requirements for Manuscripts Submitted to Biomedical Journals publication available online at: http://www.nlm.nih.gov/bsd/uniform_requirements.html
http://www.icmje.org/urm_full.pdf

In GMN style for each work cited in the text, a bibliographic reference is given, and this is located at the end of the article under the title "References". All references cited in the text must be listed. The list of references should be arranged alphabetically and then numbered. References are numbered in the text [numbers in square brackets] and in the reference list and numbers are repeated throughout the text as needed. The bibliographic description is given in the language of publication (citations in Georgian script are followed by Cyrillic and Latin).

9. To obtain the rights of publication articles must be accompanied by a visa from the project instructor or the establishment, where the work has been performed, and a reference letter, both written or typed on a special signed form, certified by a stamp or a seal.

10. Articles must be signed by all of the authors at the end, and they must be provided with a list of full names, office and home phone numbers and addresses or other non-office locations where the authors could be reached. The number of the authors (co-authors) must not exceed the limit of 5 people.

11. Editorial Staff reserves the rights to cut down in size and correct the articles. Proof-sheets are not sent out to the authors. The entire editorial and collation work is performed according to the author's original text.

12. Sending in the works that have already been assigned to the press by other Editorial Staffs or have been printed by other publishers is not permissible.

**Articles that Fail to Meet the Aforementioned
Requirements are not Assigned to be Reviewed.**

ავტორთა საყურადღებო!

რედაქციაში სტატიის წარმოდგენისას საჭიროა დავიცვათ შემდეგი წესები:

1. სტატია უნდა წარმოადგინოთ 2 ცალად, რუსულ ან ინგლისურ ენებზე, დაბეჭდილი სტანდარტული ფურცლის 1 გვერდზე, 3 სმ სიგანის მარცხენა ველისა და სტრიქონებს შორის 1,5 ინტერვალის დაცვით. გამოყენებული კომპიუტერული შრიფტი რუსულ და ინგლისურენოვან ტექსტებში - **Times New Roman (Кириллица)**, ხოლო ქართულენოვან ტექსტში საჭიროა გამოვიყენოთ **AcadNusx**. შრიფტის ზომა – 12. სტატიას თან უნდა ახლდეს CD სტატიით.

2. სტატიის მოცულობა არ უნდა შეადგენდეს 10 გვერდზე ნაკლებს და 20 გვერდზე მეტს ლიტერატურის სიის და რეზიუმეების (ინგლისურ, რუსულ და ქართულ ენებზე) ჩათვლით.

3. სტატიაში საჭიროა გაშუქდეს: საკითხის აქტუალობა; კვლევის მიზანი; საკვლევი მასალა და გამოყენებული მეთოდები; მიღებული შედეგები და მათი განსჯა. ექსპერიმენტული ხასიათის სტატიების წარმოდგენისას ავტორებმა უნდა მიუთითონ საექსპერიმენტო ცხოველების სახეობა და რაოდენობა; გაუტკივარებისა და დაძინების მეთოდები (მწვავე ცდების პირობებში).

4. სტატიას თან უნდა ახლდეს რეზიუმე ინგლისურ, რუსულ და ქართულ ენებზე არანაკლებ ნახევარი გვერდის მოცულობისა (სათაურის, ავტორების, დაწესებულების მითითებით და უნდა შეიცავდეს შემდეგ განყოფილებებს: მიზანი, მასალა და მეთოდები, შედეგები და დასკვნები; ტექსტუალური ნაწილი არ უნდა იყოს 15 სტრიქონზე ნაკლები) და საკვანძო სიტყვების ჩამონათვალი (key words).

5. ცხრილები საჭიროა წარმოადგინოთ ნაბეჭდი სახით. ყველა ციფრული, შემავსებელი და პროცენტული მონაცემები უნდა შეესაბამებოდეს ტექსტში მოყვანილს.

6. ფოტოსურათები უნდა იყოს კონტრასტული; სურათები, ნახაზები, დიაგრამები - დასათაურებული, დანომრილი და სათანადო ადგილას ჩასმული. რენტგენოგრაფიის ფოტოსურათები წარმოადგინეთ პოზიტიური გამოსახულებით **tiff** ფორმატში. მიკროფოტოსურათების წარწერებში საჭიროა მიუთითოთ ოკულარის ან ობიექტივის საშუალებით გადიდების ხარისხი, ანათალების შედეგების ან იმპრეგნაციის მეთოდი და აღნიშნოთ სურათის ზედა და ქვედა ნაწილები.

7. სამამულო ავტორების გვარები სტატიაში აღინიშნება ინიციალების თანდართვით, უცხოურისა – უცხოური ტრანსკრიპციით.

8. სტატიას თან უნდა ახლდეს ავტორის მიერ გამოყენებული სამამულო და უცხოური შრომების ბიბლიოგრაფიული სია (ბოლო 5-8 წლის სიღრმით). ანბანური წყობით წარმოდგენილ ბიბლიოგრაფიულ სიაში მიუთითეთ ჯერ სამამულო, შემდეგ უცხოელი ავტორები (გვარი, ინიციალები, სტატიის სათაური, ჟურნალის დასახელება, გამოცემის ადგილი, წელი, ჟურნალის №, პირველი და ბოლო გვერდები). მონოგრაფიის შემთხვევაში მიუთითეთ გამოცემის წელი, ადგილი და გვერდების საერთო რაოდენობა. ტექსტში კვადრატულ ფხიხლებში უნდა მიუთითოთ ავტორის შესაბამისი N ლიტერატურის სიის მიხედვით. მიზანშეწონილია, რომ ციტირებული წყაროების უმეტესი ნაწილი იყოს 5-6 წლის სიღრმის.

9. სტატიას თან უნდა ახლდეს: ა) დაწესებულების ან სამეცნიერო ხელმძღვანელის წარდგინება, დამოწმებული ხელმოწერითა და ბეჭდით; ბ) დარგის სპეციალისტის დამოწმებული რეცენზია, რომელშიც მითითებული იქნება საკითხის აქტუალობა, მასალის საკმაობა, მეთოდის სანდოობა, შედეგების სამეცნიერო-პრაქტიკული მნიშვნელობა.

10. სტატიის ბოლოს საჭიროა ყველა ავტორის ხელმოწერა, რომელთა რაოდენობა არ უნდა აღემატებოდეს 5-ს.

11. რედაქცია იტოვებს უფლებას შეასწოროს სტატია. ტექსტზე მუშაობა და შეჯერება ხდება საავტორო ორიგინალის მიხედვით.

12. დაუშვებელია რედაქციაში ისეთი სტატიის წარდგენა, რომელიც დასაბეჭდად წარდგენილი იყო სხვა რედაქციაში ან გამოქვეყნებული იყო სხვა გამოცემებში.

აღნიშნული წესების დარღვევის შემთხვევაში სტატიები არ განიხილება.

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PREDOMINANCE OF FOLLICULAR ADENOMA AND PAPILLARY CARCINOMA IN THYROID NEOPLASMS

Mohammed A. Hayawi, Duaa M. Al-Nafoly*.

Department of Basic Sciences, College of Nursing, University of Mosul, Mosul, Iraq.

Abstract.

This retrospective study was conducted to accomplish the objectives of this study for the period from first of February until 30th March 2026. The study was conducted at the histopathological lab. of Al-Jumhori Teaching Hospital to search document files for patients who were already diagnosed with thyroid tumour (benign and malignant) by histopathological examination for the years 2023 - 2025. Name, age, and gender, with special concentration on the presence of thyroid tumour, were searched for in the document files. Twenty-seven patients were found to be affected by thyroid tumours. The ages of most of the patients were distributed between 21–60 years, with the highest percentages in the age period between 21- 30 years (37%), followed by the age period 31- 40 years (29.7%). Most of our patients were female (96.3%); only one patient was male (3.7%). Most thyroid tumours were benign (66.7%), while malignant tumours represented 33.3%. Regarding all thyroid tumours (benign & malignant), Follicular adenoma was the most predominant thyroid tumour and represented the highest percentage (59.3%), followed by papillary carcinoma (25.9%). Papillary carcinoma was the most prevalent malignant thyroid tumor, representing 77.8%, followed by anaplastic and medullary carcinoma, with 11.1% for each.

Key words. Thyroid gland, follicular adenoma, papillary carcinoma, anaplastic carcinoma, thyroid neoplasms.

Introduction.

The thyroid gland is considered an important and relatively large endocrine gland (~25grams) situated in the front of the neck on the trachea just below the larynx and epiglottis. The thyroid gland is made up of left and right lobes connected by a tissue band, making it a butterfly-shaped organ [1]. The thyroid gland functions to control the metabolism of nutrients and maintain normal growth and development by secreting thyroid hormones, namely triiodothyronine (T3) and thyroxine (T4), and calcitonin [2].

Thyroid cancer (TC) is one of the common endocrine cancers, being the 7th most prevalent cancer worldwide with rising rates over the last decades and the 24th highest mortality rate [3,4], due to rising awareness in society of this neoplasm and differential diagnosis resulting in the immediate recognition of this tumor [5]. Increased exposure to environmental chemicals or heavy metals, radiation, and air pollutants are potential risk factors for TC [6]. The male/female ratio is 1:3, with a less aggressive pattern common in females and a more aggressive pattern equally distributed in both [7]. TC is detected early at a young age compared to other cancers detected in adults, with differential clinical and pathological diagnostic features varying based on age of patients; for example, younger patients usually present with more aggressive malignancy features with lymph node dissemination, neurovascular, or capsular invasion [8].

Papillary thyroid cancer (PTC) is the common type among TC [9,10], reaching a rate up to 1.4% in children [11]; however, TC can occur at any age group, with a peak range of 30 to 50 years of age [12]. The clinical presentation of PTC is associated with tumour size, with better prognosis attained in cases of carcinomas of less than 1.5 cm in size [13]. PTC metastasizes particularly to the lymph nodes [14]; however, distant metastases are relatively uncommon, with distant metastasis to vital organs [15]. Perhaps distant metastasis is connected with a poor prognosis of PTC, together with other parameters, such as extrathyroidal growth, large tumour size, male gender, and vascular invasion [16,17].

The second-highest rate TC subtype is follicular thyroid cancer (FTC), responsible for 20% of the total TC rate [18,19]. The female/male ratio of FTC is 3:1, with a peak age of onset ranging from 40 to 60 years [20,21]. FTC presents with mild symptoms and a good prognosis at a high rate, and only a low rate is associated with aggressive behaviour; prognosis depends on tumour size, with a higher rate of good prognosis associated with cases of less than 1.5 cm [22]. FTC is markedly metastasized; distant metastases are uncommon compared to PTC [23]. Perhaps FTC distant metastases are located in the internal vital organs and skin [24].

Medullary thyroid cancer (MTC) is a rare TC responsible for calcitonin release [25]. This TC rate reaches up to 1–5% of total cases [26]. The mean age of distribution for MTC is 50 years [27]. Locally, metastases occur in the localized lymph nodes, and distant metastases reach vital organs [28]. Anaplastic thyroid carcinoma (ATC) is a very destructive but rare form of thyroid cancer with a rate of nearly 2% of all TC cases, commonly diagnosed in females, most commonly at age over 65 years [29].

Causative factors for TC include both modifiable and unmodifiable factors [30]; modifiable factors include overweight, smoking, alcoholism, inactive lifestyle, and radiation exposure. Unmodifiable factors include gender, genetic parameters (gene mutations or inherited diseases), and earlier benign thyroid disease [31]. Overweight is an adjuvant risk factor for TC [32], perhaps through multiple actions, including inflammatory response, oxidative insult, and insulin hyposensitivity resulting in high TSH levels and encouraging thyroid cell multiplication and carcinogenesis [33]. Moreover, cigarette smoking is another adjuvant contributing factor for TC because smoke exposure induces an inflammatory reaction [34], due to the smoke content of thiocyanate, nitrosamines, and polycyclic aromatic hydrocarbons disrupting thyroid hormone generation and producing proinflammatory cytokines, and potentially resulting in malignant transformation in thyroid cells [35]. Additionally, the thyroid gland is highly sensitive to radiation, increasing the risk of thyroid malignancies [36]. Thyroid cancer is markedly higher in women than in men, perhaps due to variation in referral rate; hormonal differences and reproductive activity could be the cause [37]. Alongside the presence of chronic

preexisting thyroid abnormalities increases the risk for TC [38], such as goitre, Hashimoto thyroiditis and Graves' disease [38]. The present study aimed to assess the relative frequencies of age and sex distribution in patients with thyroid tumours and to find out the relative frequencies of different types of thyroid tumour in our locality and compare them with other parts of the world.

Patients and Methods.

Study design: This retrospective study searched the records of patients in the Histopathology Laboratory of Al-Jumhori Teaching Hospital (Mosul, Iraq), during the period from February 1st to March 30th, 2026.

Data source: Data were retrieved from medical reports of the histopathology laboratory of the aforementioned hospital for patients who have already been diagnosed with thyroid tumours over the last three years. A previously prepared form was used to collect the data and demographic parameters.

Ethical considerations: The study was approved for formal access to patient records from the health administrative department by approval request number 1119 on 14 October 2025. The patients' data were treated confidentially, including covering their names, contact numbers, and record IDs.

Record selection criteria:

Patients of any age diagnosed histopathologically with a thyroid tumour. The study reviewed a total of 112 thyroid neoplasm patients; records were excluded due to missing data (e.g., no pathology reports or missing clinical documentation), and enrollment involved only 27 patients.

Statistical Analysis: The data were expressed as frequencies and percentages using an Excel sheet, and comparison of groups was conducted using the Chi-square test to identify statistical differences at a p-value less than 0.05.

Results.

Demographic parameters: A total of 27 patient records with histopathologically diagnosed thyroid tumours were enrolled in this study. The ages of the selected patients ranged between 1 and 70 years, with the largest group of patients being younger adults (21–30 years), expressed as 10 cases (37.0%), followed by the 31–40 years group, which comprised 8 patients (29.7%). However, those aged under 20 years or over 60 years contributed at a lower rate of one case each ($p=0.014$). Female cases were predominant, representing 26 cases (96.3%), $p=0.001$, with a ratio of approximately 26:1 (Table 1).

Distribution of thyroid tumors: Benign tumours were observed in 18(66.7%) of the overall cases. In contrast, malignant tumours were observed in 9(33.3%) of the overall cases, giving a benign-to-malignant ratio of approximately 2:1 ($p=0.083$). Based on the histopathological types of thyroid tumours, follicular adenoma 16 cases; 59.2% was the most frequent tumour, followed by papillary carcinoma diagnosed in 7 cases (25.9%). Hürthle cell adenoma was diagnosed in 2 cases (7.4%), while both anaplastic carcinoma and medullary carcinoma were presented in one case each (3.7%) ($p=0.001$). Papillary carcinoma was the most prevalent, at 77.8% of malignant cases. Anaplastic carcinoma and medullary carcinoma

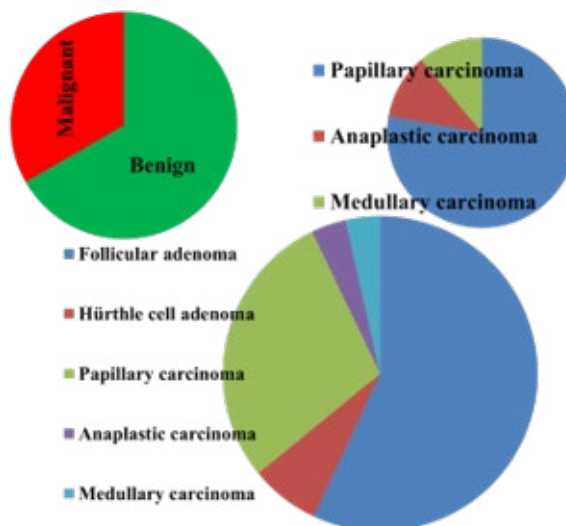


Figure 1. Graphical presentation of the percentage distribution of thyroid tumour types.

Table 1. Distribution of participants based on demographic parameters.

Demographic parameters		n(%)	χ^2	p-value
Age, years	1–20	1(3.7)	14.22	0.014
	21–30	10(37)		
	31–40	8(29.7)		
	41–50	2(7.4)		
	51–60	4(14.8)		
	61–70	2(7.4)		
Sex	Female	26(96.3)	23.15	0.001
	Male	1(3.7)		

Table 2. Distribution of thyroid tumor types.

Types	Classification	n(%)	χ^2	p-value
Type of tumor, n=27	Benign	18(66.7)	3.00	0.083
	Malignant	9(33.3)		
Histological type of tumour, n=27	Follicular adenoma	16 (59.3)	28.89	0.001
	Hürthle cell adenoma	2(7.4)		
	Papillary carcinoma	7(25.9)		
	Anaplastic carcinoma	1(3.7)		
	Medullary carcinoma	1(3.7)		
Type of cancer, n=9	Papillary carcinoma	7(77.8)	7.33	0.026
	Anaplastic carcinoma	1(11.1)		
	Medullary carcinoma	1(11.1)		

represent 11.1% of malignancies. Other malignant cases, such as follicular carcinoma, were absent. A total of 27 patients had thyroid tumours, with age mainly distributed between 21-60 years, out of which 37% and 29.7% were between age ranges of 21-30 and 31-40 years ($p=0.026$), respectively (Table 2).

Discussion.

The demographic parameters demonstrated that most of our patients were in the age group between 12 and 60 years, which is compatible with Hu et al (2011), in which most of their patients were between 25 and 65 years of age when first diagnosed [39]. The thyroid tumour is more common in females (96.3%) than males (3.7%), which is higher than reported by Weinberg and Rosenberg (2019), in which they found that females are affected by thyroid cancers 3 times more than men [40]. The difference in distribution based on gender could be explained in the context of fluctuations in sex hormones during a woman's menstrual cycle and pregnancy, since a higher incidence of PTC has been observed in women at early menopause age [41]. Women have an earlier age of onset, but men tend to have more aggressive disease at diagnosis [42]. Earlier studies reported referral bias by health practitioners at rates of 3.8:1 female-to-male ratio for ultrasound-guided fine-needle aspiration (FNA) of thyroid nodules due to reasons unrelated to the thyroid [43,44]. Moreover, the records indicated lower routine screening visits for males compared to females, resulting in more diagnoses of advanced cases among males compared to females [45]. Additionally, recent evidence estimated mismatched overdiagnosis of PTC in the USA during the period 1991-2019 between males and females, with 13-17 per 100,000 in females versus 3-5 per 100,000 in males [46].

The results demonstrated that benign thyroid lesions represent about 66.7%, whereas malignant ones represent 33.3%, which is different from Brito et al. (2014), in which he found that approximately 95% of all thyroid tumours are found to be benign and only about 5% are cancerous [47]. The incidence of follicular adenoma in our study was 59.2%, which is much higher than Bisi et al (2019), in which the follicular adenoma was 4% [48]. A Northern Nigerian study investigated thyroid follicular adenomas, reaching close to 52.2%, confirming the predominance of follicular adenoma [49]. The higher ratio of benign to malignant has also been confirmed in a Pakistani study reporting that 70.2% of thyroid neoplasms were benign [50]. Conversely, a study in Saudi Arabia reported a lower rate of benign (23.8%) with a higher rate of papillary carcinoma [51];

this predominance of papillary carcinoma is congruent with a Nigerian study that pooled proportions from different studies published until 2024 [52]. Nevertheless, a recent Jamaican study reported a change from follicular carcinoma predominance in the late 20th century to papillary carcinoma predominance in the early 21st century, and this has been explained in light of the advancement of diagnostic tools [53].

In our study, papillary thyroid cancer represented the most predominant malignant thyroid tumour (77.8%), which is slightly lower than the study done by Howlader et al. (2017), in which he stated 89.4% of all thyroid malignancies [54,55]. The anaplastic thyroid carcinoma in our study represents 11.1%, which is slightly higher than the annual incidence of anaplastic cancer, which is approximately between 0.8-9.8% of all thyroid cancers worldwide [56].

Consistent with the present findings, anaplastic cancer patients were diagnosed very late at old age (age at diagnosis is 65 years) compared to those of differentiated cancer, and only a few (less than 10% of patients) were diagnosed at ages less than 50 years, with a higher rate in women (60% to 70%) [57,58]. In our study, medullary thyroid carcinoma represents 11.1%, which is higher than reported by Wells et al. (2015), which was 2% of all thyroid carcinomas [59].

Several concerns and limitations need to be considered in the present study; these primarily include a localised unicentre study with a limited sample size and based on retrospective samples, which hinders the generalizability of outcomes, limits the statistical power and increases the margin of error for our data. Being a retrospective study, further patient information was out of reach, hindering collection of further parameters which could clarify neoplastic patterns, including patients' iodine status, family history, or environmental exposures.

Conclusion.

Benign neoplasms were more frequent than malignant neoplasms among the included cases, follicular adenoma was the most frequent histological diagnosis, and papillary carcinoma was the most common malignant type.

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