

O QUE CAUSA O CÂNCER DIFERENCIADO DE TIREOIDE?

LAURA STERIAN WARD

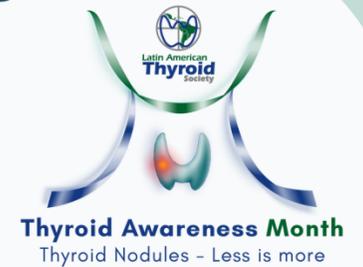
SBEM

FCM/UNICAMP

Campinas, São Paulo, BRASIL

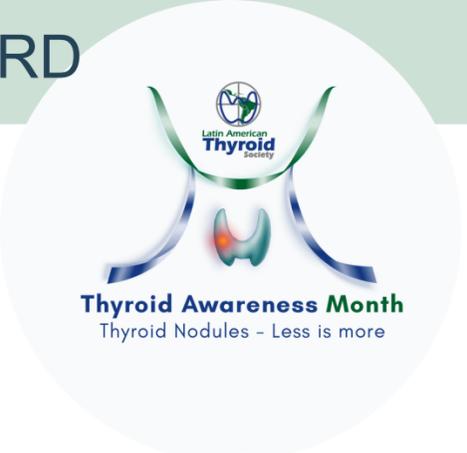


Thyroid Awareness Month
Thyroid Nodules - Less is more



FATORES DE RISCO ENDÓGENOS OU NÃO-MODIFICÁVEIS PARA CÂNCER DIFERENCIADO DE TIREOIDE

- **Hereditariedade**
 - Polipose adenomatosa familiar (*APC*)
 - síndrome de Gardner
 - Doença de Cowden ou síndrome do Hamartoma Múltiplo (*PTEN*)
 - Complexo de Carney, tipo I (*PRKAR1A*)
 - Carcinoma familiar não medular da tireoide (base genética?)
- **História familiar**
 - parente de primeiro grau (pai, irmão, irmã ou filho) – base genética?
- **Sexo e idade**



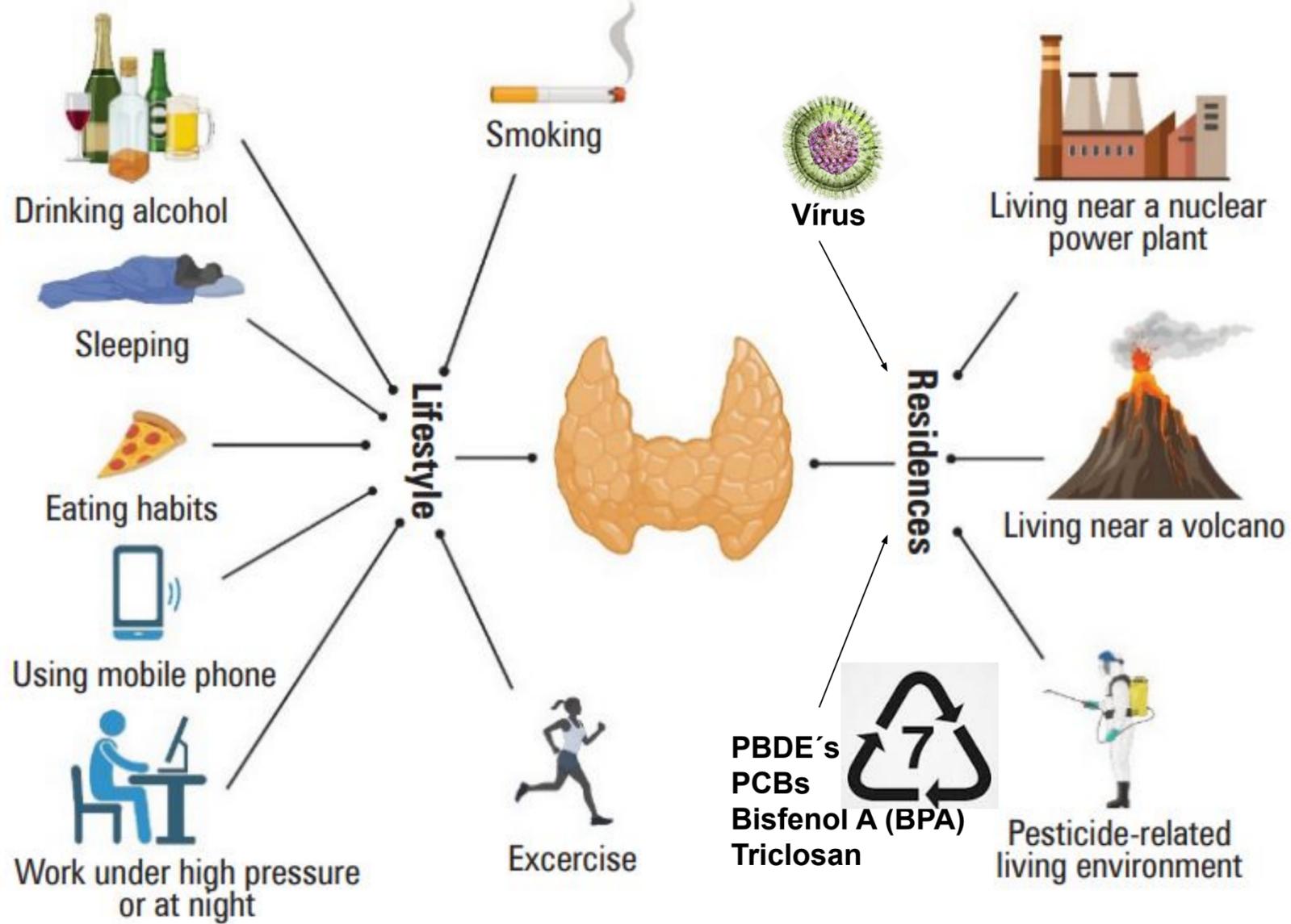
FATORES DE RISCO EXÓGENOS OU MODIFICÁVEIS PARA CÂNCER DIFERENCIADO DE TIREOIDE

ESTILO DE VIDA E AMBIENTE DE RESIDÊNCIA

Radiação ionizante

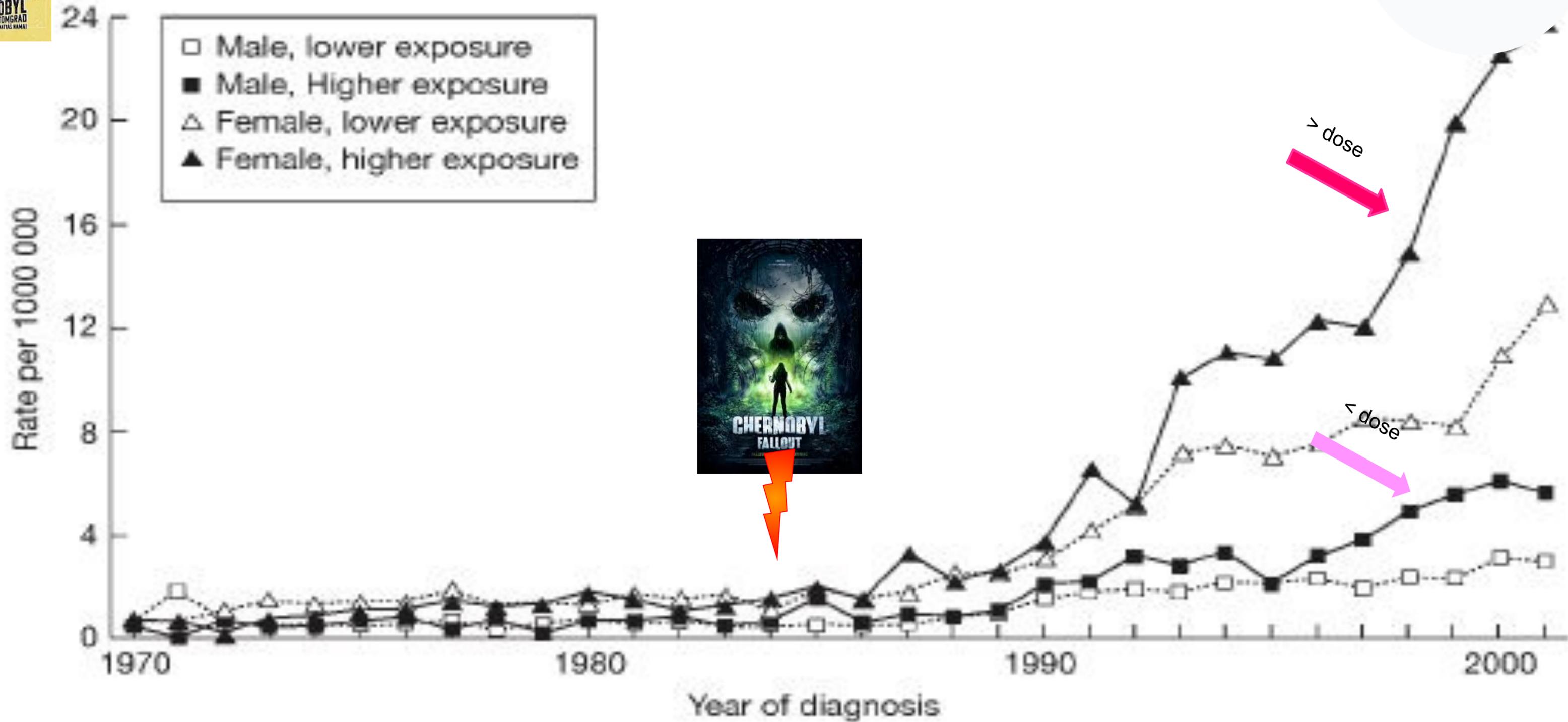
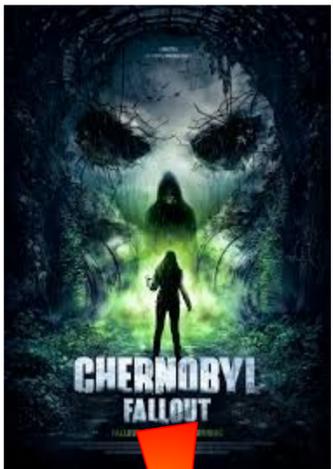
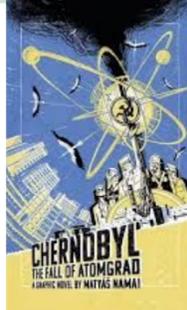
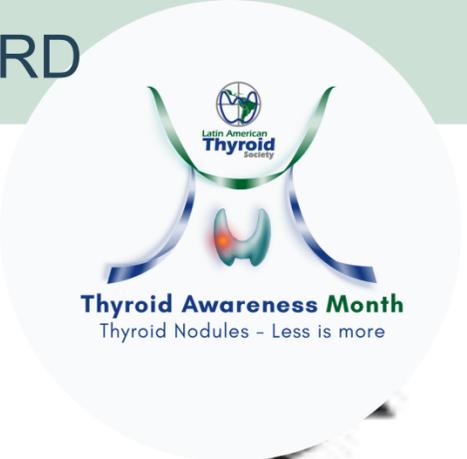
Sobrepeso/obesidade

Ingestão de iodo

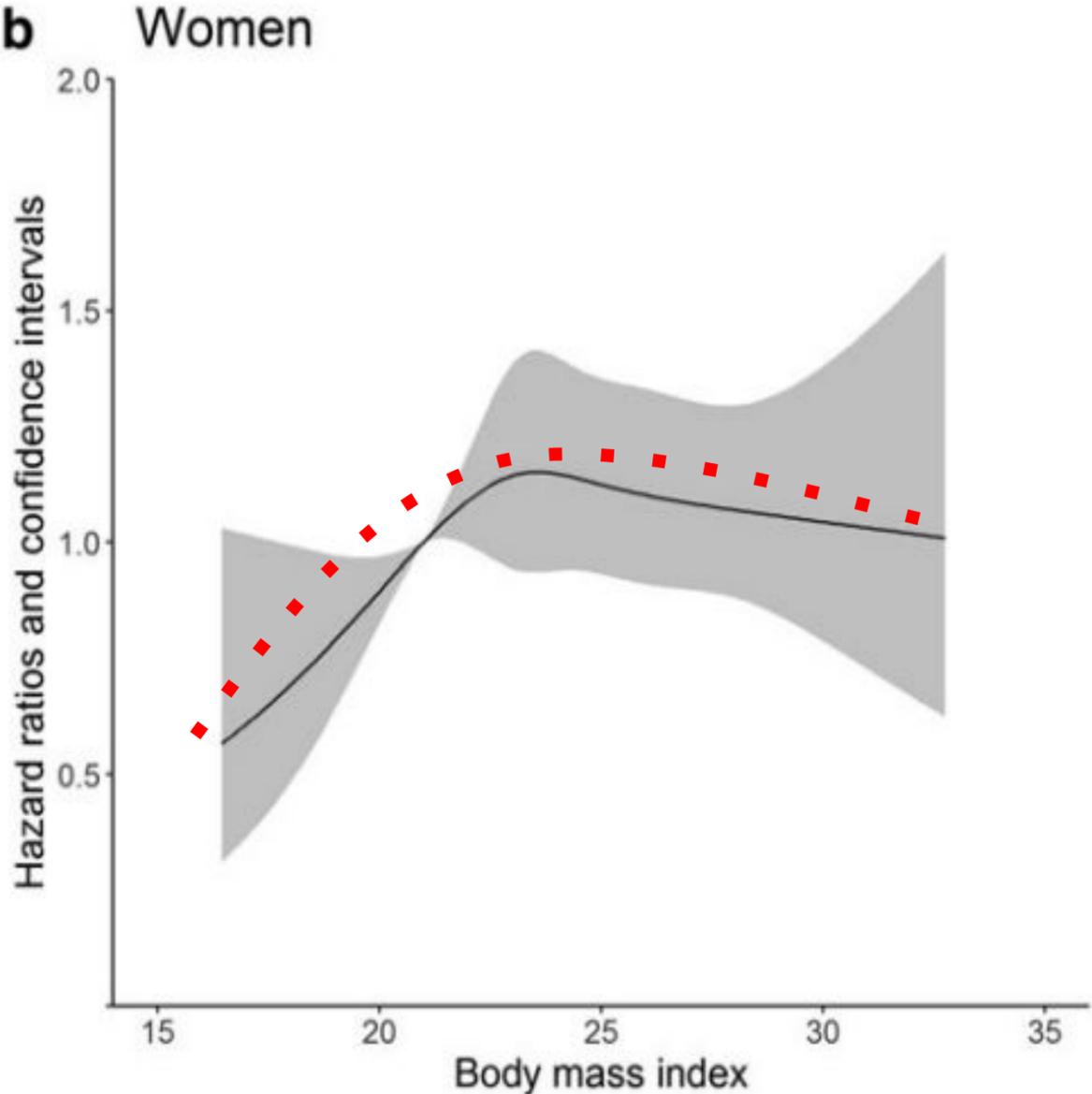
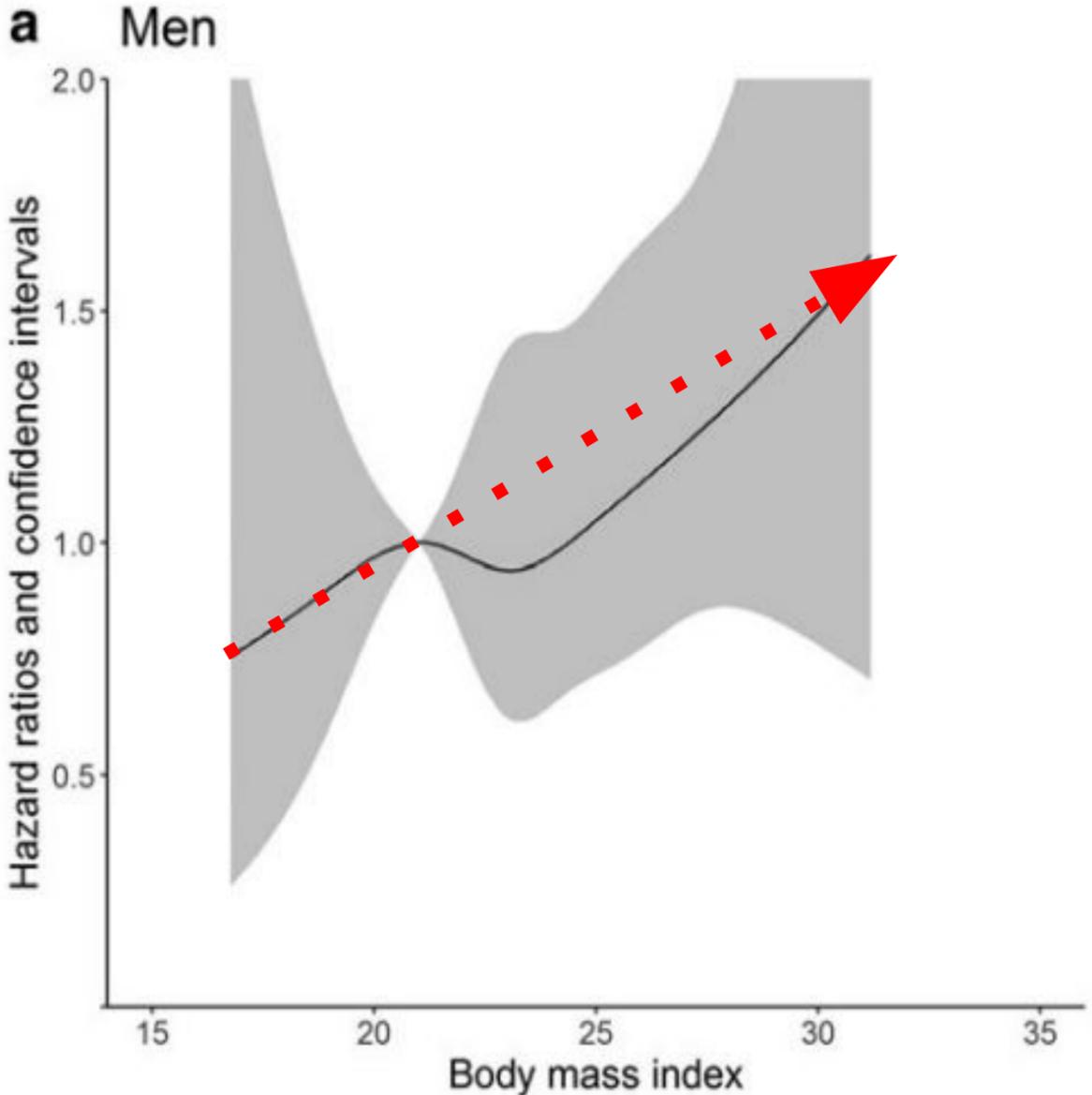
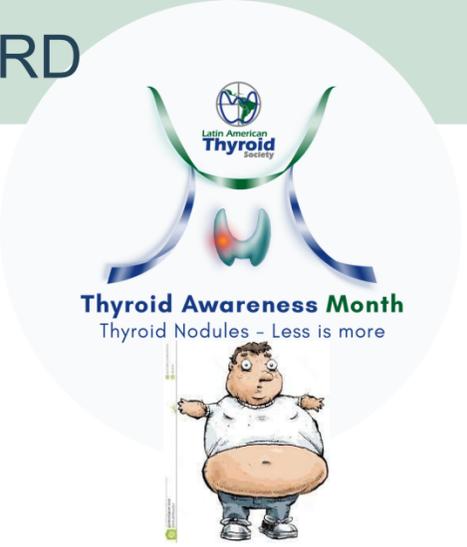


Shen Y, Wang X, Wang L, Xiong D, Wu C, Cen L, Xie L, Li X. Modifiable risk factors for thyroid cancer: lifestyle and residence environment. Endokrynol Pol. 2024 Mar 18.

RADIAÇÃO IONIZANTE & CÂNCER DE TIREOIDE



OBESIDADE & CÂNCER DE TIROIDE

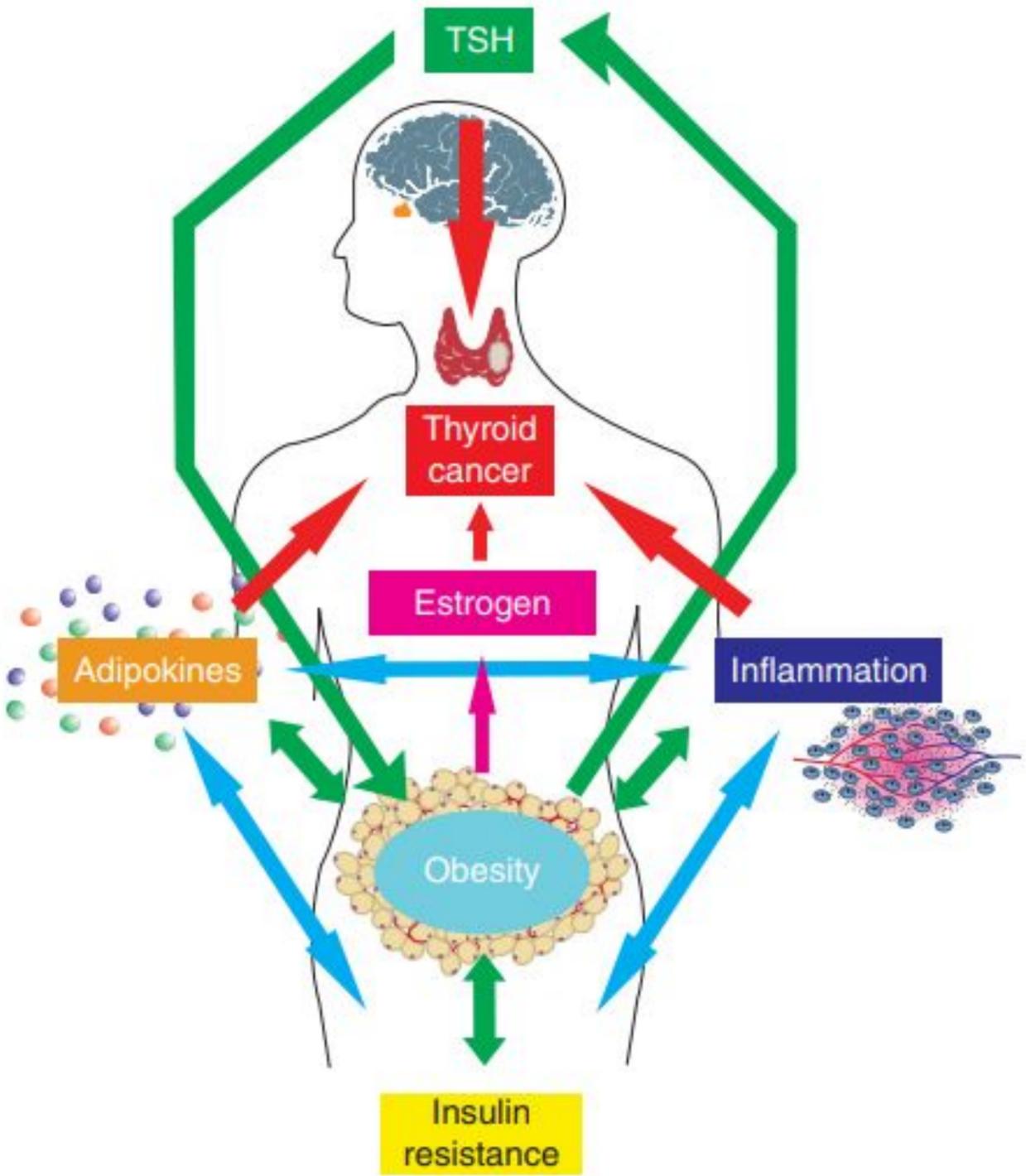
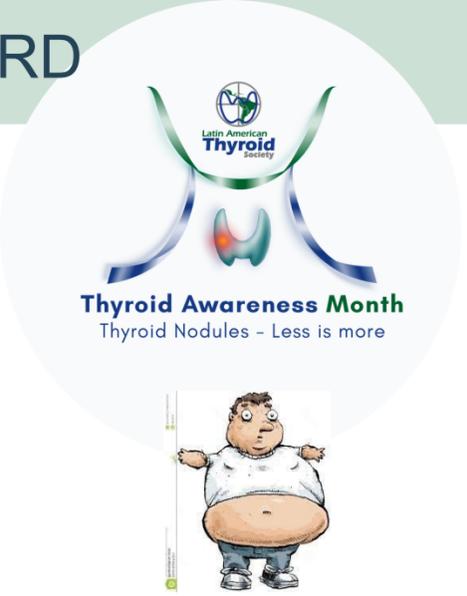


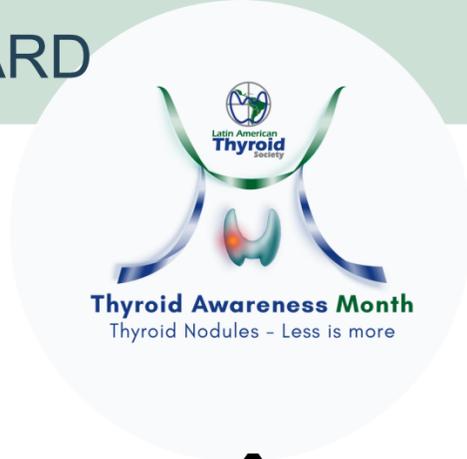
N= 538.857 de 13 coortes da China continental, Coreia, Japão e Singapura com follow-up médio de 15,1 anos

↓

1.132 casos de câncer tireoide

Shin A, et al. Body Mass Index and Thyroid Cancer Risk: A Pooled Analysis of Half a Million Men and Women in the Asia Cohort Consortium. Thyroid. 2022 Mar;32(3):306-314.





FATORES DE RISCO EXÓGENOS OU MODIFICÁVEIS PARA CÂNCER DIFERENCIADO DE TIREOIDE

ESTILO DE VIDA E AMBIENTE DE RESIDÊNCIA

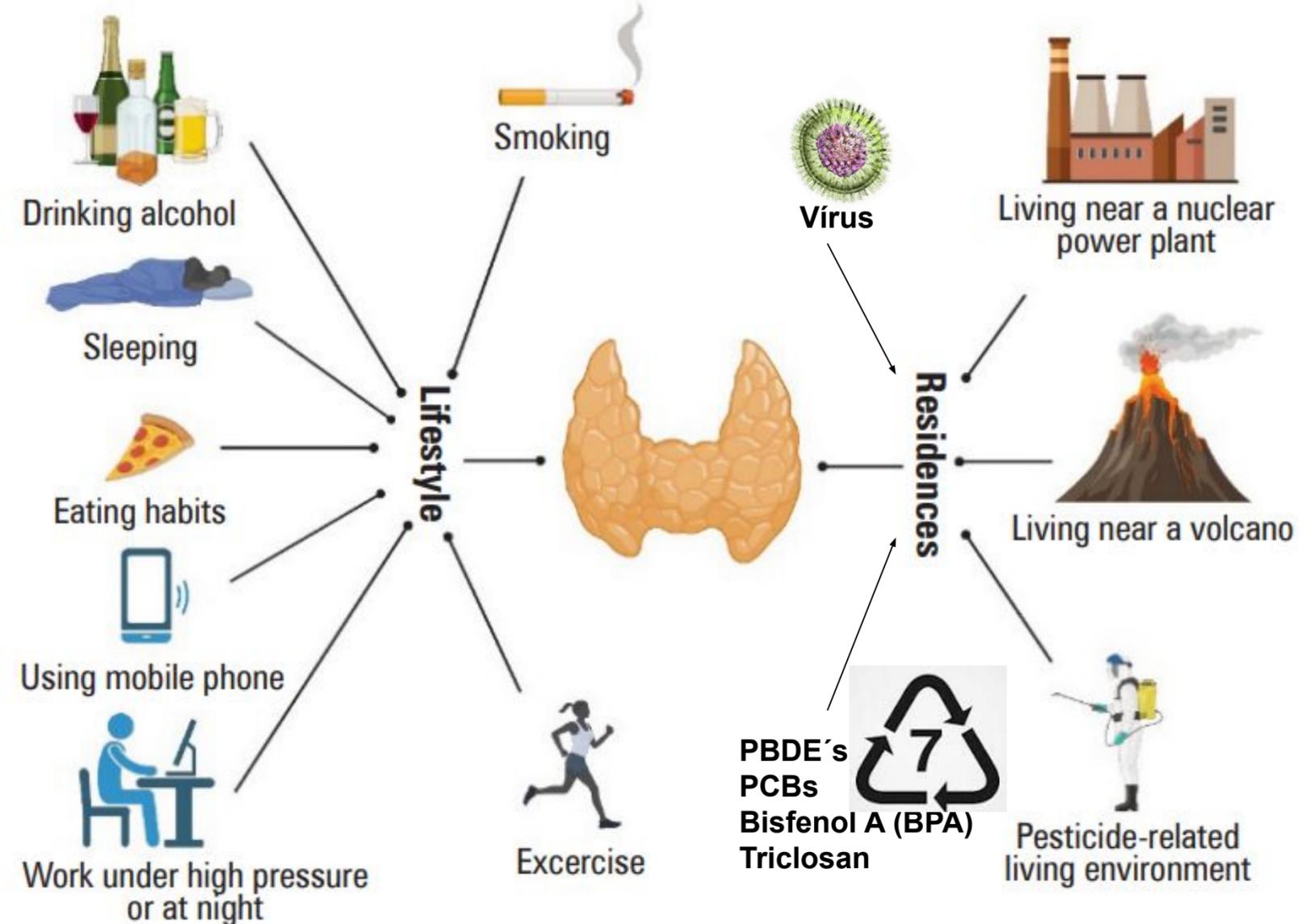
Radiação ionizante

Sobrepeso/obesidade

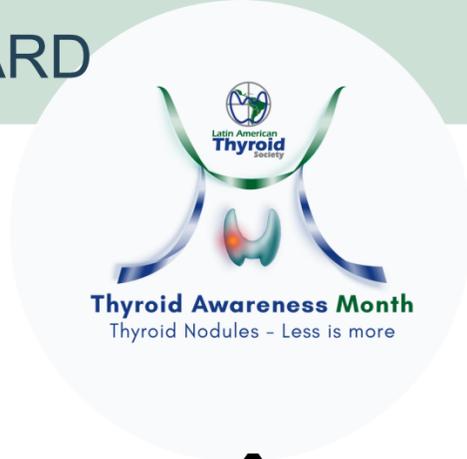
Ingestão de iodo

Baixa – Carcinoma Folicular

Elevada – Carcinoma Papilífero



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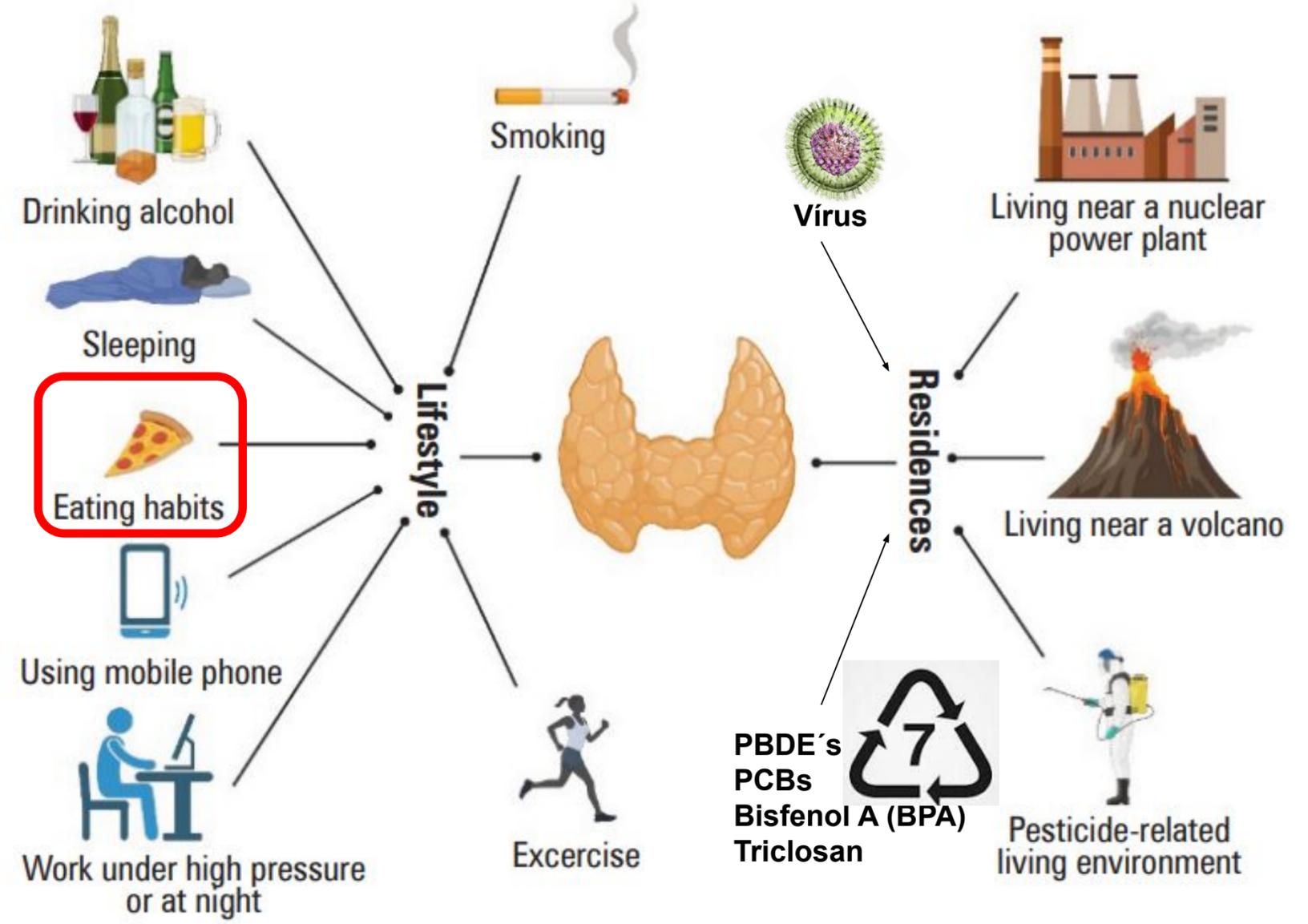
ESTILO DE VIDA E AMBIENTE DE RESIDÊNCIA

Radiação ionizante

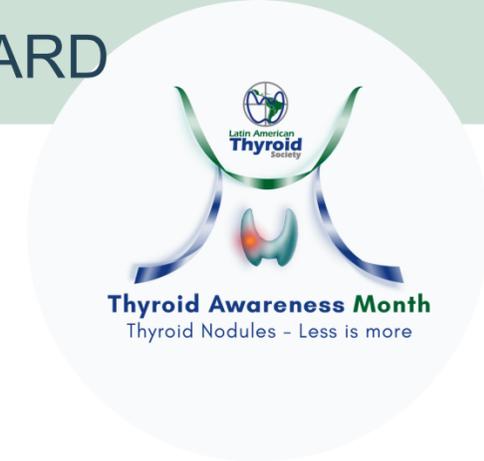
Sobrepeso/obesidade

Ingestão de iodo

- Baixa – Carcinoma Folicular
- Elevada – Carcinoma Papilífero



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ALIMENTOS E RISCO DE CDT

Article

Association between Consumption of Iodine-Rich Foods and Thyroid Cancer Prevalence: Findings from a Large Population-Based Study

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Abstract: The influence of iodine-rich foods on thyroid cancer (TC) risk remains inadequately understood. Therefore, we aimed to comprehensively investigate the relationship between three iodine-rich food groups and TC prevalence using extensive data from a large Korean population. We assessed the dietary intake of 169,057 participants in the Korean Genome and Epidemiology Study (2004–2013) using a food frequency questionnaire. The top-three iodine-rich food groups (including egg, seaweed, and dairy) were selected based on Korean dietary reference intakes and categorized by weekly consumption frequency. We conducted multiple logistic regression models to examine the relationship between food consumption and TC prevalence. After adjusting for confounding factors, higher seaweed consumption (>5 times/week) was significantly associated with lower TC prevalence (odds ratio [OR], 95% confidence interval [CI] = 0.42, 0.32–0.56, p -value < 0.001). In contrast, compared with moderate dairy consumption (3–4 times/week), lower dairy product intake (<1 time/week) was associated with higher TC prevalence (OR, 95% CI = 1.32, 1.05–1.67, p -value = 0.017). Our findings suggest that sufficient seaweed consumption may offer protection against TC, and incorporating dairy products into the diet may lower TC incidence in the Korean population. The most significant limitations of our study are the absence of 24 h urine samples for iodine status assessment and the lack of clinical data on the diagnosis of thyroid cancer.



Citation: Kwon, Y.-J.; Lee, H.-S.; Kang, S.-W.; Lee, J.-W. Association between Consumption of Iodine-Rich Foods and Thyroid Cancer Prevalence: Findings from a Large Population-

higher seaweed consumption (>5 times/week) was significantly associated with lower TC prevalence

lower dairy product intake (1 time/week) was associated with higher TC prevalence

169,057 participants in the Korean Genome and Epidemiology Study (2004–2013) using a food frequency questionnaire



Increase risk of TC

Starchy foods



Processed meats



Confectionery



Fatty products rich in nitrates and nitrites



Reduce risk of TC

Cruciferous vegetables



Legumes



Milk and dairy products

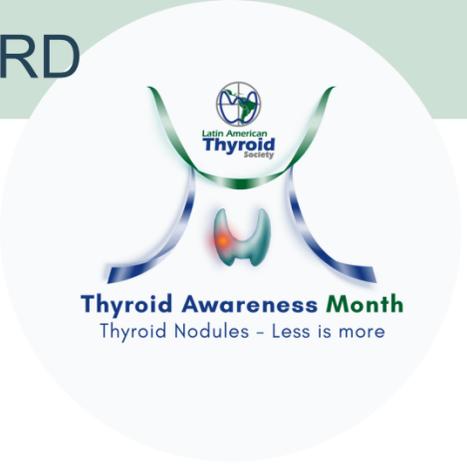


Persimmons



Oranges





Álcool e fumo



Local habitação



Comidas não-saudáveis



Trabalho estressante/ noturno



Disruptores