

中文題目：甲狀腺乳頭狀癌之淋巴結轉移發生率之地區差異之文獻研究

英文題目：The literature study of regional variations of the incidence rate of lymph node metastasis in papillary thyroid carcinoma

作者：楊定騰¹，李奕瑋¹，林彥宇²，謝雨珊³

服務單位：¹臺北醫學大學附設醫院內科部，²臺北醫學大學附設醫院新陳代謝科（內分泌科），³國立臺北護理健康大學護理學院護理系

Background: Noninvasive assessment of lymph node metastasis (LNM) risk in patients with papillary thyroid carcinoma (PTC) is of considerable value in the selection of treatment options. However, regional variations may also be a factor in LNM incidence. To examine how differences in ethnicity and other regional factors may influence LNM incidence in patients with PTC in Taiwan, we adopted a single-centre retrospective study combined with a review of relevant literature.

Method: Data from January 2016 to December 2019 were collected from a single centre in Taipei, Taiwan. The focus was on patients with PTC who had received routine medication treatment but still experienced LNM. After analysis, a literature search in relevant databases (PubMed, Embase, and Scopus) was performed to identify regional variations in the LNM incidence in PTC between 2015 and 2020.

Results: The mean incidence rates for patients with LNM from 2015 to 2019 was 15.2%. We found Taiwan had a lower incidence of LNM in patients with PTC than did other countries. Studies from regions worldwide reported a total of 787,058 cases. Our results indicated significantly lower incidence rates ($P < 0.05$) in Europe compared with China and the Middle East.

Conclusion: This study provided further evidence indicating that regional variations might affect LNM incidence in PTC. Regional differences in nutrition factors, such as water iodine or iodine nutrition status, might also affect LNM incidence in PTC. The regional habits, healthcare systems, early health education and monitoring of nutrition status are recommended for high-risk patients to prevent disease progression, to help patients recover, and to reduce the use and waste of medical resources.