USG Abdomen Findings in Superficial TB Lymphadenitis

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Abstract:
Objective: To evaluate association of abnormal findings on ultrasonography of abdomen and pelvis in confirmed cases of tuberculous lymphadenitis at Bhausaheb Sardesai Talegaon Rural Hospital (BSTRH), attached with M.I.M.E.R. Medical college, Talegaon Dabhade, Maharashtra.

Methods: This study was done at Bhausaheb Sardesai Rural Hospital attached to MIMER Medical College at Talegaon Dabhade, Maharashtra. Ultrasonography of abdomen and pelvis was done in all patients diagnosed of tuberculous lymphadenitis. The diagnosis of tuberculous lymphadenitis was confirmed mainly on fine needle aspiration cytology.

Results: Of 70 cases of tuberculous lymphadenitis, USG abdomen and pelvis was normal in 50 cases (71.42%), while abnormal 20 cases (28.57%). Mesenteric lymphnodes with or without pre and paraaortic group of lymphnode enlargement was seen in 11 (15.71%) cases, one case of multiple cervical tuberculous lymphadenitis showed enlarged lymphnodes at porta hepatis and peripancreatic area (1.42%) , in 3 (4.28%) cases spleenomegaly with multiple hypoechoic foci associated with mesenteric lymphnodes was seen; two (2.9%) out of three were of cervical tuberculous lymphadenitis and one (1.42%) was case of inguinal lymphadenitis. One case (1.42%) of cervical lymphnode showed iliac and femoral group of lymphnode enlarged, one case (1.42%) revealed thickening of terminal ilium wall, one case (1.42%) of inguinal lymphadenitis showed psoas abscess. One (1.42%) case of cervical lymphadenitis showed free fluid in abdomen and one case (1.42%) of right supraclvicular lymphadenitis revealed fluid in cul de sac.

Conclusion: All patients of confirmed tuberculous lymphadenitis should be subjected for ultrasonography of abdomen and pelvis considering lymphnode presentation as local manifestation of systemic or disseminated form of tuberculosis.

Keywords: Tuberculous lymphadenitis, USG abdomen, FNAC.

Introduction
Lymphnode tuberculosis constitutes 20-40% of extrapulmonary tuberculosis1. Cervical lymphnodes are the most common site of lymphnode group involvement by tuberculosis. It is reported in 60 to 90% patients with or without involvement of other lymphoid tissue. Tuberculosis can spread to other body tissues and organs through the blood stream and the lymphatic system2. Abdominal TB constitutes up to 12% of cases of all cases of extrapulmonary TB3. Abdominal involvement in tuberculosis may occur due to direct ingestion.
causing necrotic granulomas in the intestine or lymphatic spread causing tuberculous lymphadenitis. If sonographic findings are sufficiently characteristic for diagnosis, sonography would be useful, especially in India, where abdominal tuberculosis is common and more expensive imaging techniques are not easily available. When superficial lymphadenopathy and its association with abdominal findings are concerned; more emphasis is given on malignancies and metastasis, lymphomas as the first differential diagnosis on the list. Superficial lymphadenopathy due to tuberculosis involving abdomen and pelvis needs attention.

Objective
Objectives of this study were to find out abnormalities and diversities of findings on the ultrasonography (USG) of abdomen and pelvis in confirmed cases of tuberculous lymphadenitis and incidence of presence of systemic disease.

Materials and Methods
This study was conducted in the Dept of Pulmonology, MIMER Medical College. Bhausaheb Sardesai Rural Hospital, MIMER medical college, Talegaon is tertiary care centre and referral centre for tuberculosis patients. All patients with confirmed diagnosis of tuberculous lymphadenitis from year 2012 to 2015 were studied prospectively.

The study was approved by the Ethics Committee of MIMER Medical College. Informed consent was obtained from each patient before inclusion in the study. Patients attending the chest outpatient department and referred from medicine/paediatric, otorhynolaringology and surgery department of study centre with peripheral, superficial lymphnode enlargement were assessed for inclusion. General clinical assessment using medical history, physical examination and routine laboratory test was performed. Fine – needle aspiration cytology and or lymph node excision biopsy were performed to establish the diagnosis. Ultrasonography of abdomen and pelvis was performed in each confirmed case of tuberculous lymphadenitis. USG findings were classified as 1] abdominal lymphnode enlargement, 2] spleenomegaly with multiple hypoechoic foci, 3] ilieocaecal involvement, 4] free fluid in abdomen suggestive of peritonitis or fluid in cul de sac, 5] presence of psoas abscess.

Statistical analysis
The data were analyzed using statistical software SPSS version 16. The data with quantitative variables are presented as mean (± standard deviation).

Results
Total 70 patients, with mean age of 28.8±12 years were included in the study. Of 70, 29 cases (41.4%) were male and 41 cases (58.6%) were female. With the male to female ratio 0.71:1.00. Incidence of TB lymphadenitis was highest among the age group of 20-29 years(38.6%). Commonest site of distribution of lesion reported was cervical group of lymphnode(57.1%) followed by axillary (12.9%), submandibular (12.9%), supraclavicular (10%) and inguinal(4.28%).

Only two patients were having complain of pain in abdomen. Of 70 cases of tuberculous lymphadenitis, USG abdomen and pelvis was normal in 50 cases (71.42%), while abnormal in 20 cases (28.57%). Abdominal lymphnode enlargement was observed in 14 (20%) cases. Of 70 patients three were HIV positive but none of these three showed any abdominal pathology. Mesenteric lymphnodes with or without pre and paraaortic group of lymphnode enlargement was seen in 11 (15.71%) cases, one case showed enlarged lymphnodes at porta hepatis and peripancreatic area(1.42%), in 3 cases spleenomegaly with multiple hypoechoic foci associated with mesenteric lymphnodes was seen; two (2.9%) out of three were of cervical tuberculous lymphadenitis and one (1.42%) was case of inguinal lymphadenitis. One case (1.42%) of cervical lymphnode showed iliac and femoral group of lymphnode enlarged, one case (1.42%)
revealed thickening of terminal ilium wall. One case of axillary TB lymphadenitis showed inguinal lymphnode enlargement (1.42%). One case (1.42%) of inguinal lymphadenitis showed psoas abscess. One (1.42%) case of cervical lymphadenitis showed free fluid in abdomen and one case (1.42%) of right supravacular lymphadenitis revealed fluid in cul de sac.

Table 1) Distribution of cases according findings on Ultrasonography of Abdomen & Pelvis in tuberculous lymphadenitis cases (n=70).

| Findings on USG | Site affected | No of Cases | % |
|-----------------|--------------|-------------|---|
| Mesenteric with or without pre and paraaortic enlarged Lymphnodes | Cervical lymphnode | 11 | 15.71% |
| Iliac and femoral group of lymphnodes enlarged | Cervical lymphnode | 01 | 1.42% |
| Lymphnodes at porta hepatitis and peripancreatic, spleenomegaly with multiple hypoechoic foci | Cervical lymphnode | 01 | 1.42% |
| Iliac and femoral group of lymphnodes enlarged | Cervical lymphnode | 01 | 1.42% |
| Thickening of wall of terminal ilium with Spleenomegaly and paraaortic lymphnodes | Cervical lymphnode | 01 | 1.42% |
| Spleenomegaly with multiple hypoechoic foci | Inguinal lymphnode | 01 | 1.42% |
| Free Fluid in Abdomen | Cervical lymphnode | 01 | 1.42% |
| Fluid in Cul de sac | Supravacular lymphnode | 01 | 1.42% |
| Inguinal lymphnode enlarged | Axillary lymphnode | 01 | 1.42% |
| Psoas abscess | Inguinal lymphnode | 01 | 1.42% |

Values are n (% of cases) n=70, Positive USG Abdomen and Pelvis= 28.57%

Discussion

Cervical tuberculous lymphadenitis is one of the commonest form of extrapulmonary tuberculosis. It may be purely a localised disease or a local manifestation of systemic disease. Incidence of tuberculous lymphadenitis is more in female children and young females. Diagnosis of TB lymphadenitis is usually done by FNAC. FNAC of lymphnode is the most common first line method to establish the diagnosis of tuberculous lymphadenitis. From the regional nodes, organisms may continue to spread via the lymphatic system to other nodes or may pass through the nodes to reach blood stream, from where it can spread to virtually all organ of the body. Given this lymphatic spread of TB in the abdomen, it is not surprising that the most common form of abdominal TB is tuberculous lymphadenitis. The mesenteric, periportal and peripancreatic lymphnode groups are most commonly affected. Results of this study are matching this statement. Very few studies are reported in literature evaluating abdominal involvement in superficial tuberculous lymphad-enitis. Study done by R E Bhingare et al in India, in paediatric population; cervical tuberculous adenitis showed 8% abdominal involvement out of which 4% was mesenteric lymphadenopathy.

In literature, it is stated that tuberculosis of spleen is very rare, usually seen in disseminated form or miliary form of the disease and in patients having HIV infection. In study done by Dixit RI, Arya MK et al on patients having splenic involvement in tuberculosis, cervical lymphadenopathy was seen in 12% of cases. Isolated inguinal tuberculous lymphadenopathy is again a relatively rare disease in adults. Mostly involves cervical lymphnodes, mediastinal lymphnodes or abdominal lymphnodes. Inguinal lymphnode tuberculosis has been mentioned in the literature with involvement of skeletal system. A perispinal or psoas abscess occasionally points in the groin of one or both sides.

Fluid in cul de sac and free fluid in abdomen are suggestive of peritoneal tuberculosis. The postulated mechanism by which tubercle bacilli gain entry to the peritoneal cavity are: transmurally from diseased bowel, through lymph channels, tuberculous salpingitis or, more commonly by hematogenous spread.

Conclusion

Confirmed cases of superficial tuberculous lymphadenitis should be subjected for ultrasonography of abdomen and pelvis considering lymphnode presentation as local manifestation of systemic or disseminated form of tuberculosis.

Interest of conflict: No.

Funding: This research is not funded by any private or public funding agency.
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