

Thyrotropin-Producing Microadenoma Associated with Pituitary Resistance to Thyroid Hormone

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ABSTRACT

A 21-yr-old female with hyperthyroidism is described. Though her serum-free T_3 was 17.8 pmol/L and free T_4 was 60.2 pmol/L, TSH was as high as 10.7 mU/L. TRH stimulated an increase in TSH from 10.7–91.7 mU/L. T_3 administration in gradually increasing doses of 100, 200, and 400 mg/day resulted in gradual reduction in serum TSH. Cranial computed tomography and magnetic resonance imaging revealed a microadenoma of the pituitary gland. Histology of the surgical specimen showed a TSH-producing adenoma with TSH cell cluster

islets and decreased numbers of TSH cells in the nonneoplastic pituitary. Cultured cells from the adenoma secreted TSH spontaneously and in response to TRH. This TRH-stimulated TSH secretion was suppressed by T_3 in a dose-dependent manner. One year postoperatively, neither residual tumor nor recurrence were seen by computed tomography and magnetic resonance imaging. However TSH, as well as free T_3 or T_4 , was still high and overresponsive to TRH. (*J Clin Endocrinol Metab* 76: 1025–1030, 1993)

PITUITARY thyrotroph (TSH) is usually suppressed in hyperthyroid patients (1). The syndrome of inappropriate secretion of TSH (IST) may be diagnosed in a patient if TSH is inappropriately elevated in the presence of elevated free serum thyroid hormones (2). The classification of IST depends on whether hypersecretion of TSH is associated with a neoplasm. TSH response to TRH or T_3 and the α /TSH molar ratio are thought to be important for differentiating these two types of IST (3, 4). In the present case, the hormone activities associated with an atypical TSH-producing adenoma are compatible with a diagnosis of nonneoplastic IST.

Case Report

A 21-yr-old female was admitted to our hospital because of goiter. She had noticed excessive sweating since 18 yr of age. On admission, she appeared well. Pulse rate was 120 beats/min. There was a fine tremor bilaterally. Thyroid gland was moderately swollen, soft, and movable. Her visual fields were normal. There was no sign of ophthalmopathy.

Laboratory examinations

Alkaline phosphatase, 449 IU/L; total cholesterol, 3.2 mmol/L. Ferritin was 15 μ g/L. Sex hormone-binding globulin (SHBG) was 136 nmol/L (20–100 nmol/L). Serum osteocalcin was 8.5 μ g/L (1.5–6.5 μ g/L) and angiotensin-converting enzyme was 89 IU/L (18–44 IU/L).

Endocrinological examinations

Free T_3 , 17.8 pmol/L; free T_4 , 60.2 pmol/L; TSH, 10.7 mU/L; reverse T_3 , 12.7 pmol/L; T_4 -binding globulin, 218 nmol/L; and α -subunit, 1.7

μ g/L (α /TSH molar ratio, 1.5). Basal ACTH, LH, FSH, PRL, and GH were normal. ACTH and cortisol reaction to 100 μ g CRH were suppressed. GH reaction to 100 μ g GHRH was also subnormal. LH and FSH reactions to 100 μ g LH-releasing hormone were normal. Circulating anti- T_3 and anti- T_4 antibodies were negative using labeled T_3 and T_4 analogs (5, 6). Anti-TSH receptor antibody was negative. Antimicrosomal, antithyroglobulin, and antipituitary antibodies were also negative. Thyroid 123 I uptake was 51% at 3 h and 74% at 24 h. Thyroid scintigram by 123 I showed diffuse accumulation in the thyroid gland and slight enlargement. The basal metabolic rate was 30%.

Cranial computed tomography (CT) and magnetic resonance imaging (MRI) (Fig. 1) revealed a pituitary tumor and deviation of the stalk. The tumor size was 1.0 \times 0.9 \times 0.8 cm, and the tumor seemed to be homogeneous and restricted to the fossa. There were no findings of bony destruction. A transsphenoidal pituitary adenectomy was performed. The tumor seemed to have been completely removed along with some normal pituitary tissue.

Although she appeared well and the goiter decreased in size after the operation, her heart rate was still over 100 beats/min and basic metabolic rate was 22%. One year after surgery, free T_3 (fT₃), free T_4 (fT₄), TSH, and α -subunit were 10.6 pmol/L, 47.4 pmol/L and 5.4 mU/L, and 0.4 μ g/L, respectively (α /TSH molar ratio was 0.7). SHBG 130 nmol/L; ferritin, 7 μ g/L; osteocalcin, 8.3 μ g/L; and angiotensin-converting enzyme, 63 IU/L.

Subjects and Methods

Effect of exogenous T_3 on TSH response to TRH before the operation

Five hundred micrograms of TRH was administered iv before and after administration of oral T_3 . For T_3 , the dosage was increased every 3 days from 100–200–400 mg daily, given in split doses at 0800 and 2000 h. Serum TSH was measured before and 15, 30, 60, 90, 120, and 180 min after the TRH administration.

Histology, immunostaining, and electron microscopy

The surgical specimen was used for morphological studies. The tissue was fixed in 4% paraformaldehyde and 4% Bouin's fluid for 6 h,

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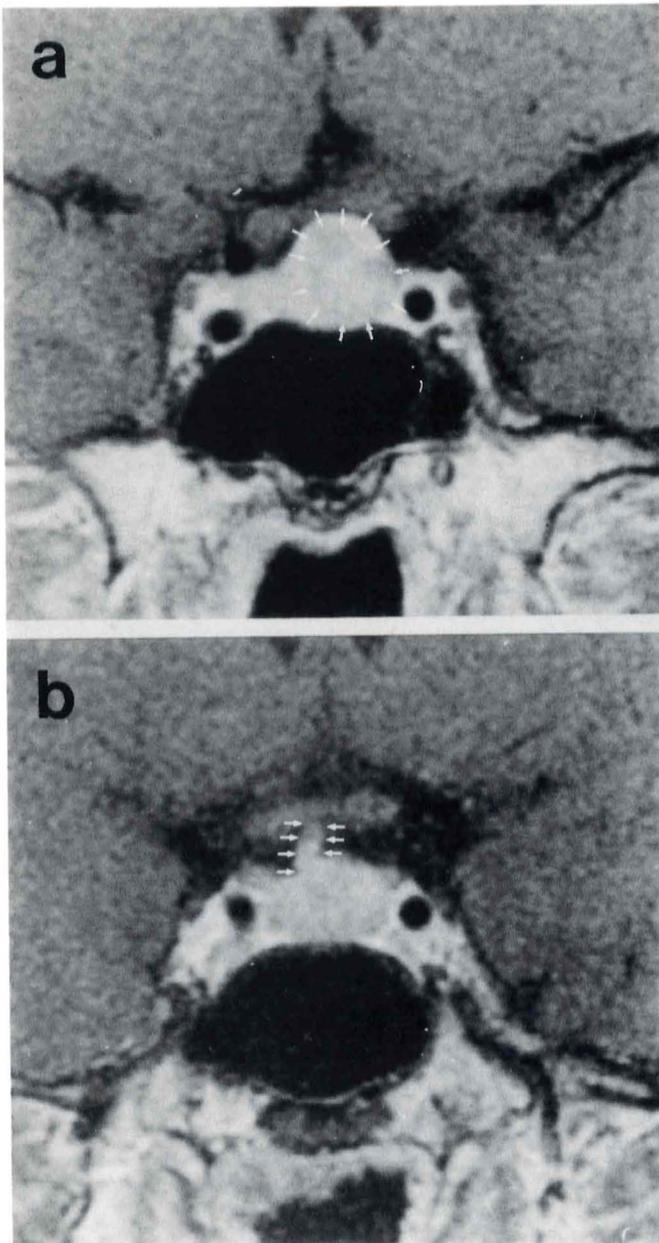


FIG. 1. Preoperative control T1-weighted spin-echo MRI. a, Arrows show a small round mass (1.0 × 0.9 × 0.8 cm) which is restricted in the sellar space; b, arrows show a deviation of the stalk.

dehydrated and embedded in paraffin for routine and immunohistochemical microscopy. In immunohistochemical staining for TSH, LH, FSH, PRL, GH, and ACTH, sections were incubated with antisera by the avidin-biotin-peroxidase complex (ABC) method (7). Antisera against TSH- β and FSH- β were preabsorbed with small amounts of purified FSH- β and TSH- β (donated by NIDDK, Bethesda, MD), respectively, to remove cross-contaminating antibodies (5–10 $\mu\text{g}/\mu\text{l}$ 1000 × diluted antisera) (8). Antisera against TSH- β (AFP-37814624), FSH- β (AFP-3710194), α -subunit, LH, GH, and PRL were donated by Dr. A. F. Parlow (Pituitary Hormones Center, Harbor General Hospital, Torrance, CA) through the NIDDK. Antisera against ACTH was purchased from Immuno Nuclear, MN. Employing the ABC method, sections were incubated in the antisera (dilutions of 1:500 to 1:1000) for 30 min at room temperature or overnight at 4 C. Nontumorous pituitary sections were also incubated in each antiserum as positive controls.

For electron microscopy, adenomatous tissue was fixed in a mixture of 4% paraformaldehyde and 0.5% glutaraldehyde, buffered in phosphate at pH 7.2, using routine procedures.

Cell culture and effect of TRH on TSH secretion of tumor cells

The tissue was transported in a culture medium (Dulbecco's modified Eagle's medium (DMEM) (Nissui Pharmaceutical, Tokyo, Japan) containing 15% fetal calf serum (FCS) (Flow Laboratory, North Ryde, Australia) containing 1 × 10⁵ U/L penicillin and 1 mg/L streptomycin. A total of 4.5 × 10⁵ cells were obtained and each 3 × 10⁴ cell was plated with 1.0 ml culture medium in 35 × 10 mm tissue culture dishes (Falcon, Becton-Dickinson, Primaria, CA) which were placed in an incubator at 37 C under a humidified atmosphere of 5% CO₂ and 95% air. Three days after plating, half of the culture medium was changed to replenish cell nutrients and collected culture medium of all 4.5 × 10⁵ cells served as the hormone assay for GH, LH, FSH, PRL, TSH, and ACTH. Cells were utilized 6 days after plating. All culture cells were washed twice with culture medium without FCS. The medium was then replaced by 1.0 ml DMEM without FCS to avoid the effect of hormones on the cell suspension.

Four plates were cultured in non-FCS medium for 4 h, two with 10⁻⁶ mol/L TRH and two without TRH. As controls, two plates were cultured in DMEM with 10⁻⁶ mol/L GHRH. TSH and GH of the collected media were measured.

Effect of increasing doses of T₃ on TRH-induced TSH release in vitro

Tumor cells (1 × 10⁴) were precultured with 10⁻¹³, 10⁻¹¹, 10⁻⁹, 10⁻⁷ mol/L T₃ for 15 h, washed, and then cultured with 10⁻⁶ mol/L TRH for 4 h. TSH concentration of the media were measured.

Effect of exogenous T₃ on TSH response to TRH 1 yr after surgery

One year after the operation, the T₃ suppression test on TRH-induced TSH response was repeated.

Hormone assay

Concentrations of pituitary hormones as well as those of fT₃ and fT₄ were measured by RIAs. TSH levels in plasma and in the cell culture supernatant were measured by the double antibody RIA of Odell *et al.* (9) using commercial kits (Daiichi RI Laboratory, Tokyo, Japan; normal range, <6 mU/L; sensitivity, 0.5 mU/L). Second IRP 80/558 was used as the standard. The cross-reactivities of LH, FSH, and hCG in this assay were negligible. Glycoprotein α -subunit was determined by a double antibody RIA using reagents obtained from the NIDDK, according the previously reported method (10). The sensitivity of the α -subunit assay was 0.3 $\mu\text{g}/\text{L}$. For the measurement of thyroid hormone autoantibodies, the patient's serum was directly incubated with ¹²⁵I-T₃ or T₄ analog which did not bind to thyroxine-binding globulin (TBG), followed by bound/free (B/F) separation with polyethyleneglycol, counting the precipitates (5, 6). The molar α -subunit and TSH ratio were calculated on the basis of the following mol wt: TSH, 28,000; and α -subunit, 14,700 (1 ng TSH corresponds to 4.9 μU).

Results

Effect of exogenous T₃ on TSH response to TRH before the operation

Before administration of T₃, TRH caused marked stimulation of TSH secretion. These increases were suppressed by T₃ treatment, though some response was still evident even with 400 mg/day of T₃ (Fig. 2A).

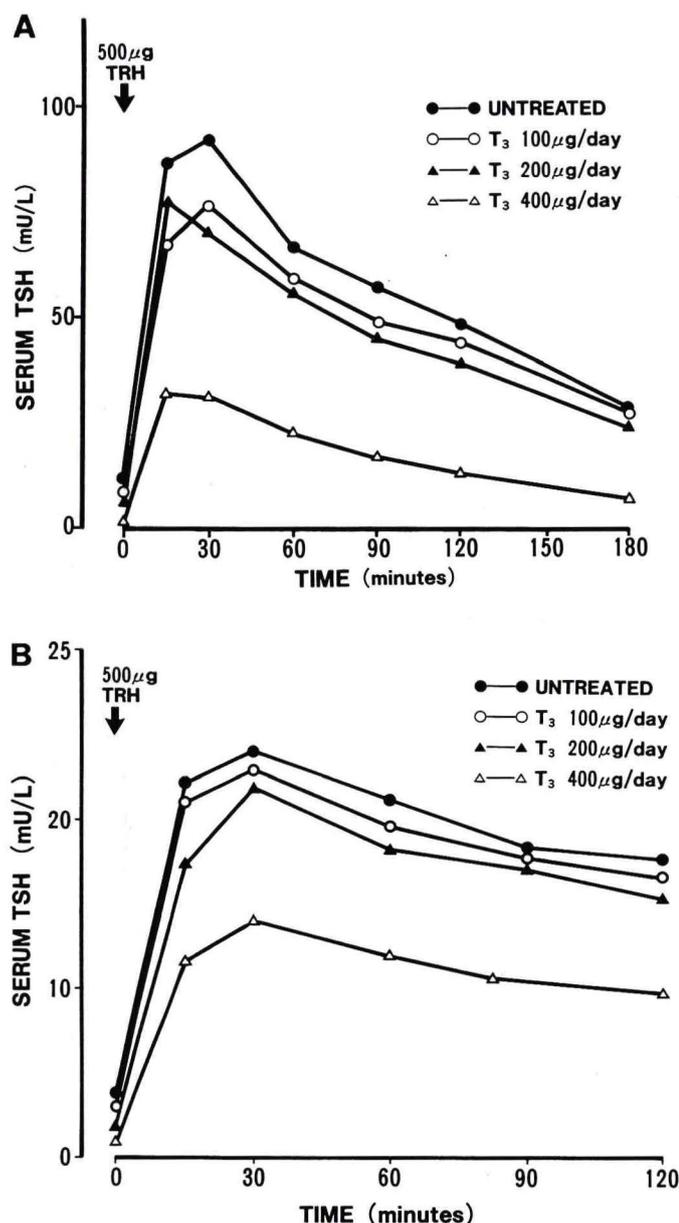


FIG. 2. A, Effect of exogenous T_3 on TSH response to TRH preoperatively. Before the treatment of T_3 , TRH caused marked stimulation of TSH secretion. This response was suppressed by exogenous T_3 in a dose-dependent manner, though some response was still evident even with 400 mg/day of T_3 . B, Effect of exogenous T_3 on TSH response to TRH postoperatively. Although basal TSH levels remained high, TSH was still responsive to TRH. The peak value, however, was significantly lower than it had been preoperatively.

Histology, immunostaining, and electron microscopy

Tissue fragments of an adenoma with predominantly chromophobic areas were obtained from the surgical specimens. The tumor border was distinct from the nonneoplastic pituitary tissue. No infiltration into normal surrounding tissues was observed. In the adenomatous tissue, there were several islets of variable size, the cells of which were slightly basophilic (Fig. 3A), had abundant cytoplasm and, for the

most part, stained positive for both TSH- β (Fig. 3B) and α -subunit and, to a lesser extent, for PRL. Electron micrographs of the cells within the islets characteristically showed small (100–200 nm) secretory granules, frequently lined up along the cell membrane (Fig. 3D). The chromophobe area with occasional TSH-positive cells (Fig. 3C) consisted of sparsely granulated cells with small secretory granules 100–200 nm in diameter, sparse rough endoplasmic reticulum, and moderately developed Golgi complexes (Fig. 3E). The almost complete absence of thyrotrophs in a nontumorous pituitary fragment was also noted, and there were no obvious foci of thyrotroph hyperplasia.

Pituitary hormone secretion and effect of TRH on TSH secretion of tumor cells *in vitro*

Medium was collected from 4.5×10^5 cells after cultured for 3 days. The concentrations of GH, LH, FSH, PRL, TSH, and ACTH in the collected medium were 3 $\mu\text{g/L}$, 18 IU/L, 17 IU/L, 9 $\mu\text{g/L}$, 423 mU/L, and 2 pmol/L, respectively. TSH concentrations in the media of 3×10^4 cells after 4 h incubation without TRH were 12.5 and 12.9 mU/L. On the other hand, TSH concentrations in the media with TRH were 32.9 and 32.9 mU/L. GH concentrations of the media were less than 1 $\mu\text{g/L}$ regardless of presence or absence of added TRH or GHRH.

Effect of increasing doses of T_3 on TRH-induced TSH release *in vitro*

Increasing the concentration of T_3 suppressed the TSH release stimulated by TRH in a dose-dependent manner as shown *in vivo* (Fig. 4).

Effect of exogenous T_3 on TSH response to TRH 1 yr after surgery

Basal TSH level remained high 1 yr postoperatively, and TSH was still responsive to TRH. The peak value, however, was significantly lower than it had been preoperatively. Exogenous T_3 suppressed the TSH response to TRH, though the suppression was not complete (Fig. 2B).

Discussion

IST may be diagnosed in a patient in whom basal or TRH-stimulated serum concentrations of TSH are inappropriately elevated in the presence of elevated free serum thyroid hormones (2). According to this definition, our patient's diagnosis belongs to this category. The classification of IST depends on whether or not hypersecretion of TSH is associated with a neoplasma (pituitary tumor or nonpituitary ectopic tumor) (3). In general, neoplastic production of TSH appears to be autonomous, that is, unresponsive to either TRH stimulation or T_3 suppression. With regard to the criteria, in the patient described here, TSH was hyperresponsive to TRH and thyroid hormone suppressed both basal and TRH-stimulated TSH. Although hormonal examination strongly suggested that this patient was suffering from non-

FIG. 3. Histology, immunostaining for TSH, and ultrastructure of the pituitary adenoma. A, Histology demonstrating a chromophobic area with sinusoid-like blood vessels on the left and two basophilic islet-like cell clusters (*) (hematoxylin and eosin, $\times 200$). B, Immunostaining of the adenoma for TSH- β . In this tumor area, only one islet-like cell cluster is predominantly positive for TSH- β (immunostain for ABC method, $\times 100$). C, Immunostaining of the adenoma for TSH- β . Single cells or pairs of cells with TSH positivity are scattered within the chromophobic area (immunostain for ABC method, $\times 100$). D, Electron micrograph of the islet-like area consisting of mostly TSH-positive cells. The constituent secretory cells closely resemble well-differentiated thyrotrophs ($\times 13,500$). E, Electron micrograph of the chromophobic area. The adenoma cells consist of sparsely granulated cells with small secretory granules 100–200 nm in diameter, sparse rough endoplasmic reticulum, and moderately developed Golgi complexes ($\times 13,500$).

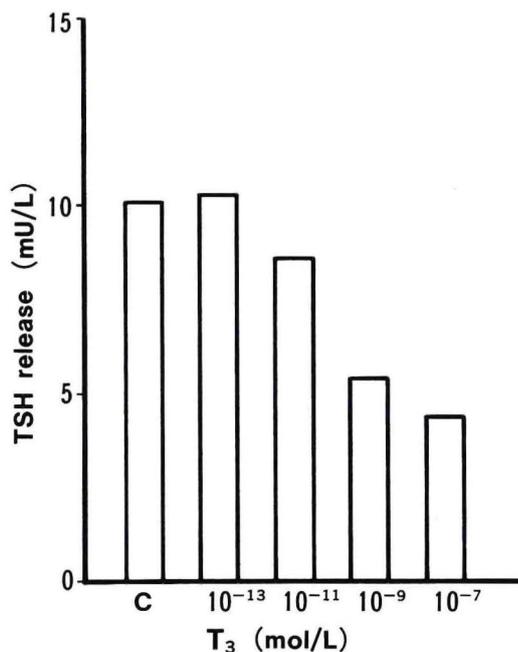
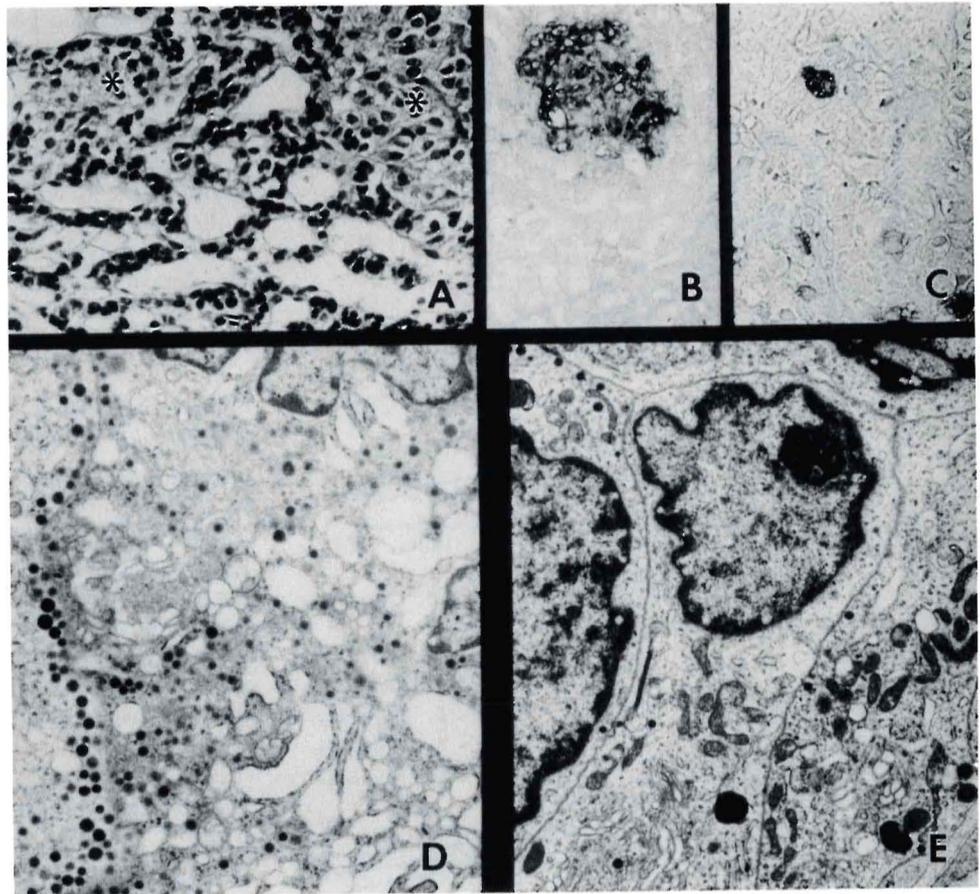


FIG. 4. Effect of increasing doses of T₃ on TRH-induced release of TSH *in vitro*. Tumor cells (1×10^4) were used for this study. Increasing the concentration of T₃ suppressed the TSH release stimulated by TRH in a dose-dependent manner like that *in vivo*.

neoplastic IST, cranial CT and MRI revealed a pituitary adenoma.

Pathological findings of the pituitary adenoma in this patient were unusual and worthy of special consideration. Uniform chromophobe cell proliferation with scattered TSH- β and α -subunit-positive cells are the most common features of TSH-producing tumors. In the present case, however, the adenoma consisted of diffusely proliferating chromophobe cells with scattered spherical islet-like cell foci which were basophilic and mostly positive for TSH- β and α -subunit. The question as to whether this represents heterogeneous differentiation in one tumor or the formation of a new clone, remains to be determined. The islet-like foci which were diffusely positive for TSH might be at a special phase of the secretory cycle of these tumor cells. At any rate, this feature is definitely unusual. Almost complete absence of thyrotrophs in the nontumorous pituitary fragment may be due to suppression by thyroid hormones through a negative feedback mechanism.

Electron micrographs also clearly demonstrated two cell types in chromophobic and chromophilic areas. The former represented less differentiated, sparsely granulated thyrotrophs while the latter were well differentiated and densely granulated.

Previous results of *in vitro* studies of TSH secretion in pituitary adenomas have been variable (11–23). In some reports, adenoma cells were unresponsive to TRH. On the

other hand, some investigators have emphasized that TSH regulation by TRH or thyroid hormone is maintained at nearly normal levels *in vitro* (13–15). In our *in vitro* study, TSH concentration in the culture media was much higher than the other pituitary hormones. Furthermore, TSH secretion was stimulated by TRH and suppressed by T₃ in a dose-dependent manner. This is a very important reflection of hormone activity *in vivo*.

The tumor was selectively removed, including some non-neoplastic area. Neither residual tumor nor recurrence was detected by follow-up CT and MRI. TSH, fT₃, and fT₄, however, were still high, and TSH responded to TRH and was suppressed by T₃ 1 yr after surgery. The molar α /TSH ratio decreased from 1.5 (α -subunit, 1.7 μ g/L) to 0.7 (α -subunit, 0.4 μ g/L). These findings suggested the cryptic existence of nonneoplastic IST (24, 25). This category was divided into two subclasses, generalized and pituitary resistance to thyroid hormone. The case described here had finger tremor, tachycardia, diaphoresis, increased basal metabolic rate, and increased levels of SHBG (26, 27), osteocalcin (28, 29) and angiotensin-converting enzyme (30), which led to the diagnosis of pituitary resistance to thyroid hormone. It is possible that nonneoplastic IST might have existed in this patient, and that hypersecretion of TSH caused by unresponsiveness of the pituitary gland to thyroid hormone led to tumor growth.

TSH-secreting adenoma secondary to hypothyroidism (31, 32), gonadotropin-secreting adenoma secondary to hypogonadism (33, 34), and ACTH-producing adenoma secondary to Addison's disease (35, 36), have been reported. All of these neoplasms are thought to occur due to a lack of hormonal-negative feedback to the pituitary gland. To date, no simultaneous occurrences of pituitary resistance to thyroid hormone and pituitary adenoma have been reported. This is the first report of TSH-producing adenoma associated with pituitary resistance to thyroid hormone, and the unusual histology of this pituitary adenoma will be reevaluated as increased numbers of cases such as this are reported.

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