

## Performance of Ultrasound as a Second Line Test to Serum CA 125 in Ovarian Cancer Screening in Postmenopausal Women

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### ABSTRACT:

#### BACKGROUND:

Epithelial ovarian cancer is uncommon before 40 years of age but the incidence then rises steeply until the mid sixth and seventh decades for which performance of transvaginal ultrasonography as a screening test for ovarian cancer in asymptomatic postmenopausal women with an elevated serum CA 125 had been performed.

#### OBJECTIVE:

Prospective ovarian cancer screening trial had been performed to estimate sensitivity, specificity and positive predictive value of different ultrasound criteria for detection of index cancer (e.g. primary invasive epithelial carcinoma of ovary) in postmenopausal women.

#### PATIENTS AND METHODS:

This study was carried out at the department of obstetrics and gynecology in AL-Yarmouk Teaching Hospital from October 2002 through October 2003. The study included 110 Postmenopausal women  $\geq 40$  years, they underwent measurement of serum CA 125. Women with CA 125 of  $\geq 30$  IU/ml (or more) were recalled for an ultrasound examination.

#### RESULTS:

Of the 110 women included in this study, 9 women underwent 3 scans during a follow up of one year. The sensitivity for detection of ovarian cancer of different ultrasound criteria was 100% for abnormal ovarian morphology, 100% for abnormal ovarian volume and 50% for complex abnormal ovarian morphology. The highest specificity (100%) and positive predictive value (100%) was achieved by using complex abnormal ovarian morphology.

#### CONCLUSION:

A variety of ultrasound criteria had achieved high sensitivity, specificity and positive predictive value for ovarian cancer screening in postmenopausal women with an elevated CA 125. Ovarian morphology and ovarian volume used to interpret ultrasound had achieved increased sensitivity for ovarian cancer screening. While complex abnormal ovarian morphology had achieved increased in the specificity and the positive predictive value for ovarian cancer screening.

**KEYWORDS:** ovarian cancer, CA 125, transvaginal ultrasound.

### INTRODUCTION:

Ovarian cancer is a common solid tumour and is the leading cause of death from gynaecological cancer. It is a serious disease particularly in advanced stages with a course that is punctuated by frequent tumour recurrence and negative impact on quality and length of life.<sup>(1,2,3)</sup> Disease progression and patient decline is typically due to locoregional peritoneal dissemination and its consequence rather than due to visceral metastatic

disease and this brings opportunities for therapy research that cannot be contemplated for other types of cancer.<sup>(1,4,5)</sup>

The current lifetime risk is 1 per 48, the incidence being approximately 22 per 100,000 populations. Epithelial ovarian cancer is a disease of older women, the incidence peaking at the age of 67.<sup>(1,2,3,6)</sup>

Numerous reproductive, environmental, and genetic risk factors have been associated with the development of ovarian cancer. The most important is a family history of breast or ovarian cancer, and approximately 5 to 10 percent of patients have an inherited genetic predisposition. For the other 90 to 95 percent with no identifiable genetic link for their ovarian cancer, most risk factors are related to a pattern of uninterrupted

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ovulatory cycles during the reproductive years.

Successful screening is defined as an intervention that results in reduction in the mortality of the screened population relative to the unscreened population. CA<sup>125</sup> is an antigen expressed by approximately 80% of epithelial ovarian tumour, most frequently among serous and clear cell tumors with papillary and solid tubular growth pattern, but less frequently by mucinous tumour, tumours of cystic growth pattern and borderline malignancy. Serum CA<sup>125</sup> levels have been shown to be useful in distinguishing malignant from benign pelvic masses. Transabdominal and particularly transvaginal ultrasonography have been investigated extensively. Utilizing a morphological score, incorporating ovarian volume, wall structure, papillary vegetations, septation and cyst complexity, has proved useful in some screening programmes. Transvaginal ultrasound has better resolution than abdominal ultrasound and it can offer improved characterization of the size and morphology of the ovaries and ovarian masses.

**AIM OF THE STUDY:**

To estimate sensitivity, specificity and positive predictive value of different ultrasound criteria for detection of index cancer (e.g. primary invasive epithelial carcinoma of ovary) in ovarian cancer screening in postmenopausal women.

**PATIENTS AND METHODS:**

This is a prospective outpatient study from October 2002 to October 2003 for one- hundred and ten women from Baghdad. It had been done at AL-Yarmouk Teaching Hospital. Eligibility for the study was limited to women resident in Baghdad who were aged 40 years or older and who were naturally post menopausal (one year or more amenorrhea i.e. at least one elapsed year since the last menstrual period) or artificially post menopausal due to hysterectomy with ovarian conservation. Exclusion criteria were history of bilateral oophorectomy or ovarian cancer. All women had been informed about the uncertain impact of screening for ovarian cancer. Approval was obtained from the local ethics committee and all women gave written consent. At first patient's evaluation was done including history and examination. Then primary screening was measurement of serum CA<sup>125</sup>. Venous blood samples were obtained from each woman and collected in heparinized or EDTA tubes. For measuring CA<sup>125</sup>, we used VIDAS CA<sup>125</sup> II Kits, which is an automated quantitative test for

use on the VIDAS analyzer for measurement of OC<sup>125</sup> antigenetic determinant in human serum or plasma using ELFA technique (Enzyme Linked Fluorescents Assay). Women with CA<sup>125</sup> of 30 IU/ml (or more) were recalled for an ultrasonography. Ultrasonography was performed using a transabdominal approach for single (unmarried) women and, transvaginal ultrasound for married women. Subsequently 5 women were randomized to CA<sup>125</sup> screening every 3 months. The ovaries were scanned transabdominally in the transverse and longitudinal sector scanner using 3.0 MHZ transducer. Most of women were scanned transvaginally in the lithotomic position and had an empty bladder with 0-3.0 MHZ transvaginal probe. Irrespective to the mode of scanning, the ovaries were observed above the internal iliac arteries, the intention was to measure the diameter of each ovary in three planes and to document ovarian morphology. Ovarian volume was calculated using the formula for an ovoid. The volume of the entire lesion calculated from the diameters in the three perpendicular planes according to the formula for a prolate ellipsoid ( $\frac{\pi}{6} \times D1 \times D2 \times D3$ ). D1; The maximum transvers diameter. D2; The antero posterior diameter. D3; The longitudinal diameter. One observer (consultant radiologist) performed all the scans. Ovarian morphology was regarded as normal if the ovary was of uniform hypoechogenicity and smooth outline. Abnormal ovarian morphology was sub classified as simple cyst (single, thin walled, anechoic cyst with no septa or papillary projections) or complex (abnormal ovarian morphology other than simple cyst; presence of papillary projections or solid areas).

The interpretation and management protocol following ultrasound was as follows:  
 1. Normal Scan: A. Ovarian volume < 8,8 ml with normal morphology (uniform hypoechogenicity and smooth outline) or B. Ovaries not visualized but no pelvic abnormality apparent. Repeat CA<sup>125</sup> estimation every three months for a year.  
 2. Equivocal scan: ovarian volume < 8,8 ml and abnormal morphology: repeat scans at intervals of 3 weeks until a scan could be classified as normal or abnormal.  
 3. Abnormal scan: ovaries volume 8,8 ml or more, irrespective of ovarian morphology: referred to a gynecologist for assessment and advice. Surgical management including surgical intervention as explorative lapratomy was at the discretion of the specialist receiving the referral.

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An episode was defined as a single or series of scans initiated by a raised CA<sup>125</sup> and ending in referral for a gynecological opinion or return to CA<sup>125</sup> screening. Study participants underwent a maximum of four CA<sup>125</sup> screens and hence a maximum of four episodes was possible per women. For analysis, each scan episode was classified on the basis of last scan result in to normal, equivocal or abnormal. Sensitivity,

specificity and positive predictive value for detection of index cancer were calculated.

### RESULTS:

One- hundred and ten asymptomatic postmenopausal women were included in this prospective study. All women were attending to the outpatient clinic at AL-Yarmouk Teaching Hospital for period of one year. A characteristic of women included in this study is shown as following:

**Table 1: The general characteristics of the study group (n=110).**

Characteristic	Minimum	Maximum	Mean	SD	N
Age in years	40	71	53,1	7,1	110
Body weight (Kg)	56	102	80,4	9,8	110
Body height (cm)	150	180	160,0	5,9	110
BMI (Body Mass Index) (Kg/m <sup>2</sup> )	18	42	31,3	4,3	110
Age at menarche (years)	11	16	12,7	1,1	110
Age at menopause (years)	42	53	47,2	2,9	110
Parity	0	14	0,3	3,8	110
Abortion	0	3	0,3	0,6	110
Age at first delivery (years)	14	32	20	4	99
Age at last delivery (years)	20	41	32,6	4,4	99

Table 2: shows that history of ovarian cyst was associated with an obviously higher rate of ovarian tumour (20%) compared to those with a negative history of ovarian cyst (0%). Similar conclusion was observed with the history of unilateral oophorectomy (40%) for those with positive history versus (0%) for those with

negative history. Family history of ovarian tumour and colorectal cancer had no obvious relation with the risk of ovarian tumour for the women in this study, only a positive history of breast cancer slightly increased the risk of ovarian tumour.

**Table 2: The rate (risk) of having ovarian tumour by selected variable.**

	Ovarian tumour (benign and malignant)					
	Negative		Positive		Total	
	N	%	N	%	N	%
Tubal ligation						
Negative	97	99	1	1	98	100
Positive	11	91,7	1	8,3	12	100
Family history of ovarian tumour						
Negative	100	98,1	2	1,9	102	100
Positive	3	100	0	0	3	100
Family history of breast Ca						
Negative	101	99	1	1	102	100
Positive	7	87,0	1	12,0	8	100
Family history of Colorectal Ca						
Negative	106	98,1	2	1,9	108	100
Positive	2	100	0	0	2	100
History of ovarian cyst						

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Negative	1.6	1.0	0	0	1.6	1.0
Positive	2	0	2	0	4	1.0
History of unilateral oophorectomy		3.1				
Negative	1.0	1.0	0	0	1.0	1.0
Positive	3	6	2	4	0	1.0
Serum CA <sup>125</sup> (iu/ml)- Baseline reading						
Normal	1.1	1.0	0	0	1.1	1.0
Abnormal	7	77.8	2	22.2	9	1.0

**Table 7:** shows that 9 women had developed an elevated CA<sup>125</sup>, they underwent 30 scans during a follow up of one year, a further 2 patients with a CA<sup>125</sup>  $\geq$  30 IU/ml were not included as they declined a scan (n = 2). Those women with an elevated CA<sup>125</sup> underwent transvaginal ultrasound scanning. Two women underwent

surgical investigation and they had an ovarian tumour. Three women had fibroids by ultrasound scan and two women had persistent simple ovarian cysts by ultrasound scan, following gynaecological referral elected not to have surgery.

**Table 8:** The follow up values of serum CA<sup>125</sup> and ovarian volume measured by ultrasound in nine postmenopausal females with an abnormally high baseline value of serum CA<sup>125</sup>.

	Baseline reading	Second reading- after 3 months	Third reading- after 6 months	Fourth reading- after 9 months
Serum CA <sup>125</sup>				
Uterine fibroid	30	30	30	30
2	30	32	30	32
Benign ovarian tumour	1.0			
Uterine fibroid	34	30	30	30
0	30	30	40	33
Malignant ovarian tumour	2.0			
7	40	30	30	30
8	33	40	30	30
9	40	48	40	40
Ovarian volume				
Uterine fibroid	0	0	4.0	4
2	0	4	4	4
Benign ovarian tumour	1.0			
Uterine fibroid	0	4	4	4
0	4.4	0	0	0
Malignant ovarian tumour	9			
7	6.3	6	6	6
8	3	3.0	3	3
9	0	4.8	4.9	4.9

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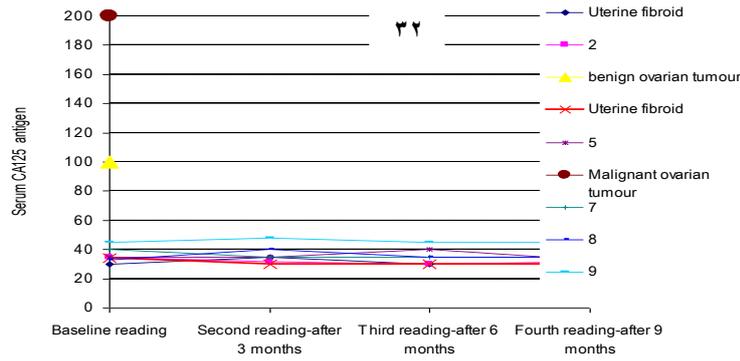


Figure 1: Line graph showing the follow up values of serum CA125 for the nine postmenopausal females with an abnormally high baseline value, most results had stationary value.

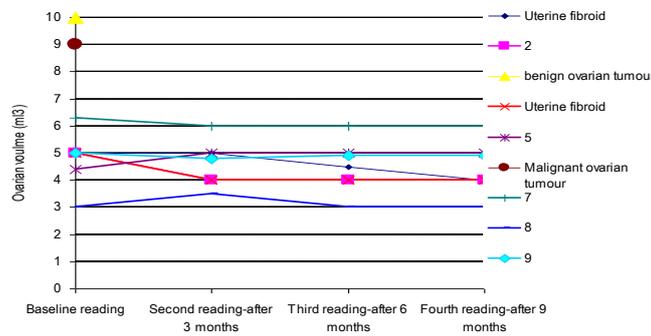


Figure 2: Line graph showing the follow up values of ovarian volume by ultrasound for the nine postmenopausal females with an abnormally high baseline value of serum CA125, most results had stationary value.

Table 4: shows that an elevated serum CA125 IU/ml had achieved sensitivity of 100% and positive predictive value of 92.7%. While an abnormal ovarian volume and abnormal ovarian morphology achieved higher sensitivity (100%) than complex abnormal ovarian morphology (66.7%). The highest specificity (100%) and

positive predictive value (100%) was achieved by using complex abnormal ovarian morphology. The positive predictive value achieved by using complex abnormal ovarian morphology (100%) was significantly higher than that achieved by abnormal ovarian morphology (66.7%) or abnormal ovarian volume (60%).

Table 4: Test validity parameters of CA125 and 3 ultrasound criteria in the diagnosis of women with ovarian tumour in the study group.

	Ovarian tumour (benign and malignant)				Malignant ovarian tumour					
	Negative	Positive	Total		Negative	Positive	Total			
Serum Ca125 (iu/ml)				Sensitivity=	100			Sensitivity=	100	
Normal	101	0	101	Specificity=	93,0	101	0	101	Specificity=	92,7
Abnormal	7	2	9	PPV=	22,2	8	1	9	PPV=	11,1
Total	108	2	110		109	1	110			
Ovarian volume (ml)				Sensitivity=	100			Sensitivity=	100	
Normal	106	0	106	Specificity=	98,1	106	0	106	Specificity=	97,2
Abnormal	2	2	4	PPV=	50,0	3	1	4	PPV=	25,0
Total	108	2	110		109	1	110			
Abnormal ovarian morphology				Sensitivity=	100			Sensitivity=	100	
Negative	107	0	107	Specificity=	99,1	107	0	107	Specificity=	98,2
Positive	1	2	3	PPV=	66,7	2	1	3	PPV=	33,3
Total	108	2	110		109	1	110			

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Complex abnormal ovarian morphology				Sensitivity= 100				Sensitivity= 100	
Negative	108	1	109	Specificity= 100	108	1	109	Specificity= 99.1	
Positive	0	1	1	PPV= 100	1	0	1	PPV= 100	
Total	108	2	110		109	1	110		
Result of baseline scan				Sensitivity= 100				Sensitivity= 100	
Normal	106	0	106	Specificity= 98.1	106	0	106	Specificity= 97.2	
Abnormal	2	2	4	PPV= 100	3	1	4	PPV= 100	
Total	108	2	110		109	1	110		

Table 2: shows description of another way to increase the low specificity and positive predictive value of CA125, this is by considering the criteria for diagnosis positive only in the presence of another positive ultrasound criteria. A combination of 2 criteria (elevated CA125 and abnormal ovarian volume) or 3 criteria elevated (elevated CA125, abnormal ovarian volume and

abnormal ovarian morphology) had achieved sensitivity of 100%, specificity of 100% and positive predictive value of 100%. Since CA125 had achieved sensitivity of 100%, it can detect all possible cases with out come of interest and it can limit the use of ultrasound parameter to those with an elevated CA125 only.

Table 2: Validity parameters for combination of tests or criteria.

		Malignant ovarian tumour					Ovarian tumour (benign and malignant)			
		Total	Positive	Negative			Total	Positive	Negative	
100	Sensitivity =				100	Sensitivity =				Serum CA125 (iu/ml)
92.7	Specificity =	101	0	101	3.0	Specificity = 9	101	0	101	Normal
11.1	PPV =	9	1	10	2.2	ppv = 2	9	2	7	Abnormal
		110	1	109			110	2	108	Total
100	Sensitivity =				100	Sensitivity =				A combination of 2 criteria (CA125 and Abnormal ovarian volume)
99.1	Specificity =	108	0	108	100	Specificity =	108	0	108	Negative (any negative)
100	PPV =	2	1	3	100	PPV =	2	2	0	Positive (Both positive)
		110	1	109			110	2	108	Total
100	Sensitivity =				100	Sensitivity =				A combination of 3 criteria (CA125, Abnormal ovarian volume and abnormal ovarian morphology)
99.1	Specificity =	108	0	108	100	Specificity =	108	0	108	Negative (any negative)
100	PPV =	2	1	3	100	PPV =	2	2	0	Positive (all 3 positive)
		110	1	109			110	2	108	Total

### DISCUSSION:

This is a detailed study of ultrasound findings in asymptomatic postmenopausal women with an elevated serum CA125. The findings have important clinical implications and are valuable for the design of future ovarian cancer screening trials. The performance of ultrasound in the prospective study was encouraging and a variety of ultrasound criteria achieved an acceptable positive predictive value. In this study, strict application of the study criteria (ovarian volume  $\geq 8.8$ -ml) without clinical input would have

resulted in surgical referral following 30 scan episodes, with a sensitivity of 100%, specificity of 98.1% and a positive predictive value of 100%. While in the other study done by Usha Menon, ovarian volume criteria of ultrasound resulted in surgical referral following 80 scan episodes, with sensitivity of 99.0%, specificity of 92.7% and a positive predictive value of 100%. The cause may be attributed to the small number of positive findings in this study<sup>(1)</sup>.

Using of abnormal ovarian morphology as the

discriminating criterion in this study had achieved sensitivity of 100% with minimal changes in the specificity of 99.1% and increased in the positive predictive value of 76.7%. While in the other study done by Usha Menon, using of abnormal ovarian morphology increased the sensitivity to 100% with minimal change in specificity (93.90%) and positive predictive value (73.70%) but this improvement did not reach statically significance. The use of complex abnormal ovarian morphology in this study further increased the specificity of (100%) and positive predictive value of (100%), this is the same as in the study done by Usha Menon<sup>(11)</sup>. (Specificity increased to 97.32% and positive predictive value increased to 77.21%). Using of complex abnormal ovarian morphology in this study, the sensitivity fell to 90%, while in the other study done by Usha Menon,<sup>(11)</sup> the sensitivity fell to 84%. This may be attributable to the lower resolution of the older generation transabdominal scanning technique used in the early part of the other study, compared with the transvaginal approach that used in this study. This is consistent with the observation that five of the 12 ovarian cancers detected on the primary transabdominal ultrasound screening in the study by Campbell et al. were found to have simple morphology on scan, while none of the ovarian cancers detected by transvaginal scanning in the more recent ultrasound screening trials had simple morphology<sup>(11)</sup>. Clearly, a variety of ultrasound criteria had achieved high sensitivity and positive predictive value for ovarian tumour in women with an elevated CA 125. The balance of evidence suggested that ovarian morphology and ovarian volume was the most sensitive criteria. Even larger studies are needed to definitively establish the criterion with the best performance characteristics.

In this study, the primary test involved a serum CA 125; women with an elevated serum CA 125 are assessed by an ultrasound examination which incorporated both ovarian morphology and ovarian volume, with the major emphasis on morphology. On the basis of our analysis reported here, the uses of ultrasound assessment as a secondary test will maintain the sensitivity of the CA 125 (100%) and enable the overall screening programme to achieve a high positive predictive value

**CONCLUSION:**

A variety of ultrasound criteria had achieved high sensitivity, specificity and positive predictive value for ovarian cancer screening in postmenopausal women with an elevated CA 125.

Ovarian morphology and ovarian volume used to interpret ultrasound had achieved increased sensitivity for ovarian cancer screening. While complex abnormal ovarian morphology had achieved increased in the specificity and the positive predictive value for ovarian cancer screening. This screening strategy seems to be acceptable and feasible; however these results justify a larger trial among the general population of postmenopausal women.

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