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When the Kidney Looks Like Thyroid: Thyroidization of the Kidney as a Histological Pattern and Its Potential Clinical Correlation - A Scoping Review

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Abstract

Background: thyroidization of the kidney is a histological pattern characterized by atrophic renal tubules filled with eosinophilic, colloid-like casts, imparting a resemblance to thyroid follicles. Although traditionally regarded as a nonspecific marker of chronicity in renal disease, its biological significance, clinical correlations, and potential prognostic value remain poorly defined.

Aim: to map and synthesize the existing literature on renal thyroidization, focusing on histomorphology, proposed pathophysiological mechanisms, disease associations, and reported clinical correlations.

Material and methods: we conducted a scoping review of the available literature describing thyroidization of the kidney in human renal pathology. Two databases were screened - PubMed and Scopus. Eligible sources included original studies, case series, case reports, and reviews that addressed histological features, mechanisms, or clinical contexts of thyroidization. Supporting information was extracted from relevant textbooks widely recognized as authoritative on the field of renal pathology. Data were charted across predefined domains including underlying renal disease, extent and distribution of thyroidization, associated histological changes, and any reported clinical or prognostic implications.

Results: the literature associates thyroidization with chronic tubulointerstitial damage, mostly in chronic kidney disease of diverse etiologies. The pattern reflects tubular atrophy with proteinaceous casts, accompanied by interstitial fibrosis and chronic inflammation. Direct clinical correlations are rarely assessed systematically; however, the presence of thyroidization

is usually interpreted as a marker of long-standing, irreversible injury. Reports suggesting links with disease duration, recurrent infection, or poor renal outcome remain largely descriptive.

Conclusions: thyroidization of the kidney is a reproducible and visually distinctive histological pattern that functions primarily as a morphological signpost of chronicity. Its potential value as a semi-quantitative marker of disease duration, prior injury burden, or prognosis has not been studied. Future work integrating digital pathology, quantitative morphometry, and clinicopathological correlation may clarify whether thyroidization carries information beyond that conveyed by established chronicity indices.

Keywords: thyroidization, kidney pathology, chronic kidney disease, tubulointerstitial injury, histological patterns

1. Introduction:

Renal pathology relies heavily on pattern recognition, where certain morphologic constellations serve as indicators of underlying disease mechanisms or temporal stages of injury [1]. The kidney cell – nephron is morphologically and functionally divided into 2 regions – glomerulus, where filtration takes place and tubules where the resulting urine is condensed and the water is regained [2]. Each part of nephron is subject to different diseases, and these diseases have different histopathological pictures. Glomerulopathies are numerous and visually distinct, and with the help of additional immunohistochemical or electron-microscopic techniques they can be differentiated [1]. In case of tubular diseases, they too have histopathological patterns that may indicate the origin of the disease affecting the tubules. One such pattern is thyroidization of the kidney [3].

Despite being mentioned in scientific literature, thyroidization remains an underexplored phenomenon. It is typically labelled as “nonspecific” and interpreted as evidence of long-standing tubulointerstitial damage, yet the biological processes leading to its formation and its possible clinical implications are seldom discussed in depth.

Given renewed interest in refining histological markers of chronic kidney disease [4] a reappraisal of classical histological patterns such as thyroidization is timely. This scoping review aims to map the existing knowledge on renal thyroidization, propose directions of further studies on that topic, and explore whether this pattern may have underrecognized clinicopathological relevance.

2. Methods (review design):

Because this work is a scoping review, it does not have to be conducted in accordance with the Preferred Reporting Items for Systematic reviews and Meta-Analyses guidelines [5]. Since it is not a systematic review, no need for PROSPERO registration [6] arises.

A literature search was designed in order to capture publications describing thyroidization of the kidney. The search queried 2 electronic databases: PubMed [7] and Scopus [8]. These databases were chosen because of their universal character, vast expanse of sources available within them and the user-friendliness of search interfaces. Each time, appropriate queries were entered into the search window of the database. There were 4 basic queries listed below:

- Q1 - “tubular thyroidization”
- Q2 - “thyroidization”
- Q3 - “thyroidization” AND “kidney”
- Q4 - “thyroidization” AND “renal”

In order to ensure that no publications were missed due to spelling variants, there were three additional queries:

- Q5 - “thyroidisation”
- Q6 - “thyreoidisation”
- Q7 - “thyreoidization”

Such a database search returned the following numbers of results (Table 1):

Table 1

	PubMed	Scopus
Q1	12	12
Q2	22	27
Q3	17	20
Q4	17	17
Q5	2	7
Q6	0	0
Q7	0	0

The results were then subject to manual screening, based on the eligibility criteria; those publications that fulfilled the criteria were included in this work, adding to the reference list. Sources were deemed eligible if they:

- describe thyroidization of the kidney in human renal biopsy or nephrectomy specimens,
- provide histological characterization, pathophysiological interpretation, or clinical context,
- are original research articles, case series, case reports, or narrative reviews.

10 authors independently screened titles and abstracts, followed by full-text assessment. Discrepancies were resolved by consensus. Animal-only studies and abstracts without full text were excluded from this work. Relevant textbook chapters were screened manually to identify additional sources and information about the phenomenon of thyroidization [9], [10].

3. Results:

Thyroidization is characterized by atrophic renal tubules with flattened or attenuated cuboidal epithelium distended by dense, eosinophilic, colloid-like protein intratubular casts, creating a resemblance to thyroid follicles on routine haematoxylin–eosin staining [3]. The pattern is not disease-specific and may coexist with a wide range of tubular, glomerular, or vascular lesions. It typically involves distal tubules and collecting ducts. The pattern is commonly associated with interstitial fibrosis of tubular basal membranes (especially well seen in the special stains for fibrous material, like Jones silver methenamine stain [11]). and with chronic inflammation. Special stains usually demonstrate the proteinaceous nature of the casts [12], while immunohistochemical studies suggest derivation from filtered or secreted proteins rather than true thyroglobulin [13]. The most frequently encountered proteins in the casts are hyaline and uromodulin (the so-called Tamm-Horsfall protein casts [14]), but there are many more possible proteins that can build such casts; again, additional stains and immunohistochemical staining are invaluable aids in the diagnostic process, enabling the differentiation of proteins and sometimes the identification of disease that causes the casts to form [15]. Despite the fact that already in 1960s tubular abnormalities were studied in the electron microscopy [16], ultrastructural data are sparse but support advanced epithelial degeneration and impaired tubular transport. Histopathology is needed to find thyroidization; nevertheless, cytological techniques can provide some diagnostic clues of its occurrence [17].

There are several different theories that try to explain the creation of such patterns. The proposed mechanisms are not mutually exclusive; in fact, they may coexist. The first mechanism claims that the cause of thyroidization is chronic tubular injury, inflammation and

atrophy - long-standing ischaemia, inflammation, or obstruction leads to epithelial simplification (flattening) and loss of resorptive capacity; renal tubular injury contributes to severity and chronicity of the disease process due to various mechanical, immunological and metabolic mechanisms [18]. As for proteinaceous cast accumulation, reduced tubular flow and impaired reabsorption promote intraluminal protein precipitation [19]. The recurrent infection obstruction, or inflammation, particularly in chronic pyelonephritis and reflux nephropathy, due to repeated injury may favour cast formation and tubular remodelling [20]. Interestingly, there are some theories that the Tamm-Horsfall protein not only is a result of above-mentioned processes, but it also can contribute to further development and intensification of tubular atrophy and chronic renal disease either directly or indirectly through facilitating reflux uropathy and pyelonephritis [21]. Importantly, thyroidization appears to represent an end-stage morphological adaptation of distorted tubules rather than an active disease process/disease entity per se, and is rather associated with chronicity than with acute tubular injuries, where other histological phenotypes are more common and thyroidization was not reported in this kind of diseases [22].

Across the literature thyroidization has been reported in association with numerous medical conditions, the majority of them leading to chronic kidney disease and the decrease in renal function. It is noteworthy that thyroidization, although predominantly occurring in chronic diseases, is not restricted to them - some acute kidney injuries can also lead to tubular thyroidization (e.g. gasoline poisoning). The entities where thyroidization was reported to be found are enumerated in **Table 2**.

Table 2

Disease/Clinical situation	Histopathological picture	Reference
Antiphospholipid syndrome	subendothelial fibrosis and luminal arteriolosclerosis of renal vessels, mesangiolysis, focal cortical atrophy, C3 and IgM deposits in glomeruli, membranaceous glomerulitis, <u>tubular thyroidization with eosinophilic casts</u> , typically the inflammation is not pronounced	[23], [24], [25]
Systemic Lupus Erythematosus (SLE)	Thrombotic microangiopathy (TMA), fibrous intimal hyperplasia (FIH), fibrocellular arterial occlusion (FAO), focal cortical atrophy (FCA), <u>tubular</u>	[26], [27], [28]

Table 2

	<u>thyroidization</u> ; often coexistence with APSN and its histopathological image	
MELAS Syndrome	Interstitial fibrosis, dense inflammatory infiltrate, tubular atrophy, <u>thyroidization</u> , prominent vascular lesions with intimal fibrosis and hyaline arteriolosclerosis, glomerular abnormalities	[29]
<i>APOL-1</i> nephropathy risk variants	less obsolescent glomerulosclerosis, more solidified/atrophic glomerulonephritis, more <u>thyroidization-type tubular atrophy</u> , more microcystic tubular dilatation (as opposed to other patients who didn't have <i>APOL-1</i> risk alleles).	[30]
Xanthogranulomatous pyelonephritis	diffuse granulomatous inflammatory infiltrate with xanthomatous macrophages, giant cells; loss of cortico-medullary differentiation, glomerular sclerosis, <u>tubular atrophy and thyroidization</u> , interstitial fibrosis, chronic inflammation, blood vessels thickening	[31]
Vesicoureteral reflux screening after kidney transplantation	Interstitial fibrosis, tubular atrophy, mononuclear cell infiltrates, <u>thyroidization</u>	[32]
COVID-19, Fabry disease, kidney transplant	Tubular thyroidization – due to complicated clinical history of the patient one cannot certainly establish due to which clinical entity it occurred.	[33]
Kidney transplantation	Thyroidization found in 16 out of 213 renal allograft biopsies and sometimes coexisting with tubulointerstitial nephritis, low-capacity urinary bladders, vesicoureteral reflux, UTIs	[34]
Gasoline poisoning due to i.v. administration	Marked congestion, sclerotic glomeruli, thickened and hyalinized vessel walls with hyaline deposition in arterioles, <u>tubular thyroidization</u> , interstitial fibrosis with diffuse lymphoplasmacytic inflammatory infiltrate	[35]

In addition, tubular thyroidization was reported in analgesic nephropathy, hydronephrosis, nephronophthisis if preceded by pyelonephritis [36].

4. Limitations & Discussion:

This study is limited by the choice of two databases. Perhaps more valuable entries could be found if we screened more databases, expanding the corpus of publications to be included and analysed. While being aware of this, we tried to limit the effect of this limitation by choosing the most relevant databases in the field of medicine; their vast coverage of articles should guarantee that at least the most relevant publications in the field were not missed.

While renal pathology is strongly based on the histopathological patterns when it comes to recognising disease entities under the microscope, the extent of microscopic changes does not always correlate with the severity of symptoms. Already in 1960s [37] and in 1980s [38] the researchers tried to correlate the clinical and histopathological pictures of renal diseases, yet with mixed results. Direct clinicopathological correlations are infrequently addressed in the literature. In most reports, thyroidization is interpreted qualitatively as a marker of chronicity and irreversibility, analogous to global glomerulosclerosis or advanced interstitial fibrosis. Only anecdotal and largely case-based associations are described between thyroidization and disease duration, history of recurrent urinary tract infection, or obstructive uropathy. Quantitative assessment of the extent or density of thyroidized tubules is not routinely performed, and no studies to date have evaluated its independent association with renal function decline, response to therapy, or patient-centred outcomes. Nevertheless, the consistent linkage of thyroidization with advanced tubulointerstitial remodelling (a common factor in the majority of diseases from **Table 2**) suggests potential roles as a semi-quantitative indicator of cumulative tubular injury, a morphological footprint of prior obstructive or infectious insults, or a complementary descriptor within existing chronicity indices used in renal pathology.

From a practical diagnostic perspective, recognition of thyroidization reinforces the interpretation of renal injury as long-standing and largely irreversible. Its presence should prompt careful evaluation for coexisting features of chronic kidney damage, including interstitial fibrosis, tubular atrophy, and global glomerulosclerosis, and may help contextualize active lesions seen elsewhere in the biopsy. Considering the differential diagnoses, there are some rare disease entities that mimic thyroidization, yet are not connected with chronic tubular atrophy. It is possible (although rare) for thyroid follicular carcinoma to metastasise into kidneys [39] [40] – in such case the follicles seen in kidney specimens are real thyroid follicles. In order to complicate things further, kidney neoplasms themselves can mimic thyroid follicular patterns despite not having anything in common with tubular atrophy and thyroidization, nor having common points with the thyroid gland. An extremely rare variant of kidney neoplasm

called follicular thyroid-like carcinoma of the kidney is also a differential diagnosis when thyroid-resembling follicles are encountered in renal specimens [41]. Immunohistochemical investigation directed against thyroid-specific proteins, renal proteins and Tamm-Horsfall protein can help to solve the diagnostic dilemma.

Clinically, thyroidization serves as a histological clue to prior disease mechanism, particularly recurrent infections, vesicoureteral reflux, chronic obstruction, chronic inflammation with or without auto-immunity, or genetic diseases pertaining kidney, even when clinical picture is asymptomatic or the patient' documentation is incomplete. In transplant or native kidney biopsies with mixed acute and chronic features, prominent thyroidization may support a guarded prognosis and inform expectations regarding chronic course of disease, its rather longer duration, limited reversibility/irreversibility and therapeutic response.

Several valuable research ideas can be pursued based on this review. The first of these is the standardisation of thyroidization. There is currently no consensus definition or grading system for thyroidization, limiting reproducibility across studies and diagnostic reports. The notion of thyroidization is largely observer-dependent, and the inter-observer discrepancies in various domains of pathology are widely known and proven in the scientific literature [42] [43] [44]. A standardisation system that could reduce this inter-observer discordance would advance the research on this topic. Following the issue of standardization comes the issue of quantification. The extent of thyroidization has not been systematically measured; if a grading scale based e.g., on the percentage of specimen thyroidization (something similar to reporting system used in prostate biopsies, where the percentage of tumour in the biopsy specimen is reported [45]) were made, the precision of observation and the further reduction of interobserver error would be achieved. Such investigations would be purely theoretical unless they were correlated with established markers of chronic kidney disease severity. Rigorous studies linking thyroidization with clinical history, renal function trajectories, or outcomes are lacking. If such correlations were carried out, more could be found out about its diagnostic relevance and potential uses.

The thyroidization pattern has not yet been explored using contemporary tools such as digital image analysis, machine learning, or spatial proteomics. Currently the digital informatics technologies using deep learning are ubiquitous in all domains of medicine, permeating radiology, but also pathology [46] [47]. An increasing number of pathology specialists are occupied with creating and employing artificial intelligence in their work, and there is an ever-increasing body of publications devoted to explaining these technologies to a wider medical audience [48]. The striking follicle-like morphology of thyroidized tubules makes this pattern

particularly amenable to automated detection using convolutional neural networks in whole-slide imaging. Integration of such approaches may allow large-scale, unbiased assessment of thyroidization and its relationship to clinical renal outcomes.

We propose that tubular thyroidization be reconsidered as a distinct end-stage tubular phenotype rather than a purely descriptive curiosity. A simple, reproducible grading system (e.g. absent, focal, multifocal, diffuse) could be incorporated into routine reporting and tested for prognostic relevance. Furthermore, in the future, standardized reporting or grading of thyroidization could enhance communication between pathologists and clinicians and facilitate integration into prognostic models, especially if validated through quantitative or digital pathology approaches.

5. Conclusions:

Thyroidization of the kidney is a classical, yet understudied histological pattern that signals chronic tubulointerstitial injury. While traditionally regarded as a nonspecific marker of chronicity, the existing literature suggests that it may represent a reproducible end-stage tubular phenotype shared across multiple (mostly chronic) tubular renal disease entities. Thyroidization is important when it comes to differential diagnostics, as some of its differentials are neoplastic and correlate with worse survival prognosis. There is a lack of systematic studies, meta-analyses and randomised control trials that would examine in detail the diagnostic and clinical usefulness of thyroidization and correlate it with clinical outcomes. Reframing tubular thyroidization as a quantifiable and potentially informative morphological feature may certainly open new ways for clinicopathological correlation, prognostic stratification, and digital-based pathology analysis, contributing not only to medical advances and the patient well-being, but also to the development of pathology-related information technologies. Systematic studies are required to determine whether this distinctive pattern conveys information beyond that provided by established renal indices. The field has until now certainly not been exhausted, and there is still a lot of work to be done – these certainly are not the last words written on the tubular thyroidization.

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