

Evidence Discussion (CH 20.1)

Mediastinal Mass

Mediastinal nodules or masses may present as incidental findings on chest radiographs and cross-sectional imaging. Alternatively, they may be found during the evaluation of symptoms and signs that include chest pain, cough, dyspnea, dysphagia, cardiac tamponade, diaphragmatic paralysis, central venous thrombosis, superior vena cava syndrome, B-symptoms (in lymphoma), myasthenia gravis, and other paraneoplastic syndromes. The incidence rate is low with a reported prevalence of 0.73-4%. The most frequent lesions encountered in the mediastinum are thymoma, neurogenic tumours and benign cysts (1,2)

CT is superior to chest radiography for detection of invasion of the mass across tissue planes, secondary to its higher contrast resolution. Anterior mediastinal tumors account for 50% of all mediastinal masses. CT has the ability to show the precise location, morphology, and pattern of contrast enhancement of an anterior mediastinal mass as well as its relationship to other mediastinal components or borders. (1,2)

MRI remains superior to CT for detection of invasion of the mass across tissue planes, including the chest wall and diaphragm, and involvement of neurovascular structures secondary to its higher soft-tissue contrast. MRI allows further tissue characterization of mediastinal masses beyond that of CT and FDG-PET/CT. Chemical-shift MRI has been shown to be useful in distinguishing normal thymus and thymic hyperplasia from thymic neoplasms and lymphoma. It can also prove the cystic nature of an indeterminate, non–water attenuation thymic mass on CT, preventing unnecessary biopsy and thymectomy. (1,2)

(FDG)-PET/CT offers limited additional value beyond that of conventional CT in the initial assessment of mediastinal masses, with the exception of its use for primary mediastinal lymphoma staging and surveillance and detection of metastatic lymphadenopathy. A positive FDG-PET/CT has little value for discrimination between benign and malignant lesions. (1)

It is reasonable to perform a chest radiograph as an initial imaging step. Chest radiography can help localize a mass to a specific mediastinal compartment and thereby narrow the differential diagnosis. Chest radiography offers limited assistance regarding tissue characterization of mediastinal masses, with the exception of its occasional demonstration of calcium within a lesion. (1)

There is little relevant literature to support the use of ultrasound (US) in the initial evaluation of a clinically suspected mediastinal mass. (1)

References

1. English BS, Ray CE, Chang JY, et al. Expert Panel on Interventional Radiology. ACR Appropriateness Criteria® Radiologic Imaging of Mediastinal Masses. Am Coll Radiol (ACR); 2020. <https://acsearch.acr.org/docs/69343/Narrative/>

2. Juanpere S, Cañete N, Ortuño P, Martínez S, Sanchez G, Bernado L. A diagnostic approach to the mediastinal masses. *Insights Imaging*. 2013 Feb;4(1):29-52. doi: 10.1007/s13244-012-0201-0. Epub 2012 Dec 6. PMID: 23225215; PMCID: PMC3579993.