



Development of a prediction model for the association between thyroid dysfunction and breast cancer

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Background: Thyroid dysfunction is associated with the risk of benign and malignant breast tumors, but currently there is a lack of model studies to demonstrate the predictive role of thyroid dysfunction in benign and malignant breast tumors. This study aims to establish a model for predicting the association between thyroid dysfunction and breast cancer.

Methods: This retrospective study enrolled breast tumor patients from the Affiliated Tumor Hospital of Xinjiang Medical University from 2015 to 2019. Their baseline data and laboratory data were collected. Python was used for data processing and analysis. Data preparation, feature selection, model construction, and model evaluation were conducted. We utilized the classification probabilities generated by the model as scores and further conducted a least absolute shrinkage and selection operator analysis.

Results: Analysis of the laboratory data revealed statistically significant differences in thyroid-stimulating hormone, thyroxine, free thyroxine, free triiodothyronine, and thyronine levels between patients with benign and malignant tumors. Based on age, ethnicity, thyroid function, and estrogen levels, the predictive model for breast tumor malignancy indicated that the factors with the greatest importance ranking were age > follicle-stimulating hormone > luteinizing hormone > prolactin > thyroxine > testosterone > ethnicity. The model showed an accuracy rate of 83.70%, precision of 90.69%, sensitivity of 84.74%, and specificity of 81.50%. The area under the receiver operating characteristic curve was 0.9012, close to 1, indicating good predictive performance of the model.

Conclusions: The predictive model based on factors such as age, ethnicity, thyroid function, and estrogen levels performs well in predicting the occurrence and development of benign and malignant breast tumors.

Keywords: Thyroid dysfunction; breast cancer; prediction model

Submitted Nov 23, 2023. Accepted for publication May 07, 2024. Published online Jun 24, 2024.

doi: 10.21037/tcr-23-2164

View this article at: <https://dx.doi.org/10.21037/tcr-23-2164>

Introduction

According to the data released by the International Agency for Research on Cancer (IARC) of the World Health Organization (WHO) in 2020, breast cancer has surpassed lung cancer and became the most common cancer

among women worldwide (1,2). There are approximately 2.6 million new cases of breast cancer each year globally, with 420,000 new cases in China (1,2). In recent years, the incidence of breast cancer has been increasing annually at a rate of 3% to 4%, and there is a younger trend of breast cancer patients (2). In a global context, China accounts

for 12.20% of the newly diagnosed breast cancer cases worldwide, and breast cancer-related deaths among women account for 9.60% of malignant tumor-related deaths, ranking second (2). Thyroid diseases are also more common in women, with a male-to-female ratio of approximately 1:4 (2). In clinical practice, there is a growing number of breast cancer patients who also have thyroid dysfunction. There is a certain mutual pathogenic relationship between thyroid dysfunction and breast cancer. It is indicated that elevated serum levels of free triiodothyronine, free thyroxine, free triiodothyronine/free thyroxine, and thyroid-stimulating hormone are risk factors for the occurrence of breast cancer (3). Huang *et al.* (4) reported that the risk of breast cancer was significantly higher in the hypothyroidism cohort compared to the non-hypothyroidism cohort, especially among individuals aged 40 to 64 years. Despite extensive research on breast malignant tumors and thyroid dysfunction diseases, there is currently no conclusive evidence to establish a causal relationship between the two.

The incidence of thyroid disease is closely related to gender, age, genetic factors, iodine intake, history of radiation exposure, as well as other endocrine and immune factors of patients (5). There are many overlapping risk factors between thyroid disease and known risk factors for breast cancer (6). Both the thyroid and the breast are

hormone-responsive organs, regulated by the hypothalamic-pituitary system, and changes in endocrine function are closely associated with the occurrence of diseases in both organs. Estrogen and thyroid hormones mutually influence each other in the development, physiology, and pathology of breast cancer and thyroid disease. Estrogen affects the development, physiology, and pathology of the thyroid, thereby leading to the occurrence of thyroid disease. Especially in premenopausal women, the association between tumors such as papillary carcinomas and breast cancer is more significant (7). Conversely, thyroid hormones also have an impact on the incidence of breast cancer (8,9). The relationship between hypothyroidism or hypothyroidism and the risk factor for breast cancer remains unclear (10-12). However, in clinical practice, there is a growing number of breast cancer patients who also have thyroid dysfunction.

Herein, this study aims to identify new risk factors and diagnostic markers for breast cancer. We analyzed the incidence of thyroid dysfunction between patients with benign and malignant tumors by analyzing the laboratory data of breast cancer patients from the Affiliated Tumor Hospital of Xinjiang Medical University from 2015 to 2019. Moreover, we used a model-based approach to explore the relationship between thyroid dysfunction and benign/malignant breast tumors. We present this article in accordance with the TRIPOD reporting checklist (available at <https://tcr.amegroups.com/article/view/10.21037/tcr-23-2164/rc>).

Highlight box

Key findings

- The predictive model based on thyroid function-related hormone levels can effectively predict benign and malignant breast tumors, indicating the clinical value of thyroid function in breast cancer diagnosis.
- With increasing age, especially during perimenopause, thyroid hormones gradually replace the role of sex hormone levels and play a relatively important role in the process affecting the occurrence and development of breast cancer.

What is known and what is new?

- Patients with thyroid dysfunction also have an increased risk of developing breast cancer.
- A model-based approach to explore the relationship between thyroid dysfunction and benign/malignant breast tumors was established.

What is the implication, and what should change now?

- The findings of this study provide a new theoretical basis for breast cancer screening and prevention, can contribute to reducing the incidence of breast cancer from the source, and facilitate the early intervention of breast cancer.

Methods

Study participants

This retrospective study collected data from breast cancer patients and benign breast tumor patients who received inpatient treatment at the Affiliated Tumor Hospital of Xinjiang Medical University from 2015 to 2019. Inclusion criteria included: (I) patients with clinical pathology diagnosis of breast cancer or benign breast tumors; (II) patients were newly diagnosed cases without prior surgery, chemotherapy, radiotherapy, or other tumor treatments; (III) patients with complete laboratory examination data. Patients with incomplete clinical data or laboratory examination data were excluded.

The study was conducted following the Declaration of Helsinki (as revised in 2013). The study was approved by the Ethics Committee of Affiliated Tumor Hospital of

Xinjiang Medical University (No. K-2023045) and informed consent was waived due to the retrospective nature of the study.

Data collection

The general information and laboratory examination data were collected. The general information included gender, age, height, weight, occupation, marital status, etc. The laboratory examination data on thyroid function were collected, including thyroid-stimulating hormone, thyronine, thyroxine, anti-thyroid peroxidase antibody, serum-free thyroxine, serum-free triiodothyronine, and thyroglobulin.

Construction and validation of a prediction model

We constructed a prediction model using Python. The model construction included four stages: data processing, feature selection, model construction, and model evaluation. During the data processing, we first collected sample data, then removed invalid data, and performed data standardization. The least absolute shrinkage and selection operator (LASSO) analysis was conducted based on the classification probabilities outputted by the model and the clinical information to select and optimize the features. Next, we employed two methods, namely the Random Forest algorithm and support vector machine (SVM), for model construction. Finally, the predictive performance of the model was assessed using the receiver operating characteristic (ROC) curves, decision analysis, and calibration curves.

Statistical analysis

The proportions of each category were analyzed as categorical data using the Chi-square test. Measurement data were described using mean \pm standard deviation and compared using the two-sample *t*-test. A significance level of $P < 0.05$ indicated a statistical difference.

Results

Demographic data and basic data of participants

This study involved a total of 14,526 patients, including 9,287 cases of benign breast tumors and 5,239 cases of

malignant tumors. There were a total of 5,447 cases (37.50%) aged 40 years and below, 4,456 cases (30.70%) aged 41 to 50 years, 3,010 cases (20.70%) aged 51 to 60 years, and 1,613 cases (11.10%) aged 61 years and above. The distribution of benign and malignant breast tumors significantly varied across different age groups, as indicated in *Table 1* ($\chi^2=5,502.454$, $P < 0.001$). Patients with benign breast tumors were predominantly observed in cases aged 40 years and below (54.3%) and 41–50 years (34.10%), whereas malignant breast tumors were more prevalent among individuals aged 51–60 years (40.30%) and above 60 years (27.40%). Thus, the incidence of breast benign tumors was the highest in cases aged 40 and below, and it tended to decline with age, while the incidence of breast malignant tumors showed an increasing trend with age. Additionally, there were statistically significant differences in the levels of thyroid-stimulating hormone ($\chi^2=16.757$, $P < 0.001$), thyronine ($\chi^2=10.689$, $P=0.005$), free thyroxine ($\chi^2=20.555$, $P < 0.001$), free triiodothyronine ($\chi^2=43.009$, $P < 0.001$), and thyroglobulin ($\chi^2=41.889$, $P < 0.001$) between the benign and malignant breast tumors.

The 5,239 malignant breast cancer patients and 9,287 benign breast tumor patients were randomly allocated to the training set and validation set in a ratio of 7:3. The baseline data between the training and validation sets were compared. As shown in *Table 2*, there were no significant differences in thyroid function, hormone levels, and age between the training and validation sets, indicating comparability.

Construction of the prediction model

We examined the distribution of data and evaluated the contribution of filtering indicators to the model. The box plot in *Figure 1* reveals a relatively concentrated distribution of data for benign tumors, whereas malignant tumors exhibited some outliers. Generally, the distribution of thyroid hormones was consistent in both benign and malignant tumors.

The feature importance of each factor in the model is presented in *Figure 2*. The ranking of importance of these factors on the malignant or benign nature of breast tumors was as follows: age > follicle-stimulating hormone > luteinizing hormone > prolactin > progesterone > thyroid hormone > testosterone > ethnicity. The respective contribution ratios were 36.01%, 12.93%, 11.36%, 9.83%, 9.82%, 9.51%, 9.32%, and 1.21%, respectively.

Table 1 Demographic data and basic data of participants

| Variable | Patients with benign breast tumors, n (%) | Patients with malignant breast tumors, n (%) | Total | χ^2 | P |
|---|---|--|--------|-----------|--------|
| Ethnicity | | | | 2.980 | 0.08 |
| Han | 6,621 (71.3) | 3,664 (69.9) | 10,285 | | |
| Others | 2,666 (28.7) | 1,575 (30.1) | 4,241 | | |
| Age (years) | | | | 5,502.454 | <0.001 |
| 40 and below | 5,041 (54.3) | 406 (7.7) | 5,447 | | |
| 41–50 | 3,168 (34.1) | 1,288 (24.6) | 4,456 | | |
| 51–60 | 900 (9.7) | 2,110 (40.3) | 3,010 | | |
| 61 and above | 178 (1.9) | 1,435 (27.4) | 1,613 | | |
| Thyroid-stimulating hormone (μ IU/mL) (range, 0.6–5.4) | | | | 16.757 | <0.001 |
| High | 1,490 (16.0) | 960 (18.3) | 2,450 | | |
| Low | 109 (1.2) | 81 (1.5) | 190 | | |
| Normal | 7,688 (82.8) | 4,198 (80.1) | 11,886 | | |
| Thyronine (nmol/L) (range, 1.5–3.2) | | | | 10.689 | 0.005 |
| High | 28 (0.3) | 19 (0.4) | 47 | | |
| Low | 395 (4.3) | 284 (5.4) | 679 | | |
| Normal | 8,864 (95.4) | 4,936 (94.2) | 13,800 | | |
| Thyroxine (nmol/L) (range, 66.0–136.0) | | | | 3.352 | 0.19 |
| High | 16 (0.2) | 13 (0.2) | 29 | | |
| Low | 181 (1.9) | 122 (2.3) | 303 | | |
| Normal | 9,090 (97.9) | 5,104 (97.4) | 14,194 | | |
| Anti-thyroid peroxidase antibody (IU/mL) (range, 0–32.0) | | | | 2.641 | 0.10 |
| High | 1,357 (14.6) | 818 (15.6) | 2,175 | | |
| Normal | 7,930 (85.4) | 4,421 (84.4) | 12,351 | | |
| Serum free thyroxine (pmol/L) (range, 12.0–22.0) | | | | 20.555 | <0.001 |
| High | 170 (1.8) | 132 (2.5) | 302 | | |
| Low | 210 (2.3) | 169 (3.2) | 379 | | |
| Normal | 8,907 (95.9) | 4,938 (94.3) | 13,845 | | |
| Serum free triiodothyronine (pmol/L) (range, 4.0–6.6) | | | | 43.009 | <0.001 |
| High | 75 (0.8) | 38 (0.7) | 113 | | |
| Low | 19 (0.2) | 52 (1.0) | 71 | | |
| Normal | 9,193 (99.0) | 5,149 (98.3) | 14,342 | | |
| Thyroglobulin (ng/mL) (range, 3.67–79.67) | | | | 41.889 | <0.001 |
| High | 151 (1.6) | 161 (3.1) | 312 | | |
| Low | 1,611 (17.3) | 996 (19) | 2,607 | | |
| Normal | 7,525 (81.0) | 4,082 (77.9) | 11,607 | | |

Table 2 Comparison of baseline data between the training and validation sets

| Variables | Cases with benign breast tumors (n=9,287) | | | Cases with malignant breast tumors (n=5,239) | | |
|---|---|------------------------------|-------|--|------------------------------|------|
| | The training set (n=5,256) | The validation set (n=2,253) | P | The training set (n=2,946) | The validation set (n=1,262) | P |
| Thyroid-stimulating hormone ($\mu\text{IU/mL}$) | 2.96 \pm 3.15 | 2.98 \pm 3.73 | 0.56 | 3.21 \pm 4.94 | 3.16 \pm 4.47 | 0.69 |
| Thyronine (pmol/L) | 1.76 \pm 0.32 | 1.76 \pm 0.32 | 0.95 | 1.76 \pm 0.33 | 1.79 \pm 0.50 | 0.60 |
| Thyroxine (nmol/L) | 98.38 \pm 17.45 | 98.98 \pm 18.74 | 0.80 | 101.71 \pm 20.11 | 102.48 \pm 22.88 | 0.14 |
| Anti-thyroid peroxidase antibody (IU/mL) | 38.59 \pm 86.00 | 40.02 \pm 92.30 | 0.62 | 42.99 \pm 94.18 | 37.43 \pm 82.98 | 0.10 |
| Serum free thyroxine (pmol/L) | 16.32 \pm 2.97 | 16.47 \pm 2.70 | 0.41 | 16.45 \pm 2.89 | 16.63 \pm 5.04 | 0.51 |
| Serum free triiodothyronine (pmol/L) | 4.74 \pm 0.82 | 4.75 \pm 0.71 | 0.78 | 4.64 \pm 0.73 | 4.73 \pm 2.04 | 0.87 |
| Thyroglobulin (ng/mL) | 13.44 \pm 25.40 | 14.12 \pm 28.98 | 0.33 | 16.46 \pm 36.40 | 18.22 \pm 43.92 | 0.99 |
| Progesterone (nmol/L) | 12.69 \pm 18.99 | 12.68 \pm 19.01 | 0.18 | 6.68 \pm 14.11 | 6.30 \pm 13.77 | 0.79 |
| Testosterone (nmol/L) | 0.77 \pm 0.48 | 0.78 \pm 0.46 | 0.72 | 0.70 \pm 0.46 | 0.70 \pm 0.50 | 0.35 |
| Follicle-stimulating hormone (mIU/mL) | 13.43 \pm 20.64 | 13.88 \pm 21.33 | 0.47 | 32.51 \pm 30.59 | 34.46 \pm 32.88 | 0.69 |
| Luteinizing hormone (mIU/mL) | 11.75 \pm 12.91 | 12.02 \pm 13.03 | 0.29 | 19.30 \pm 15.81 | 20.23 \pm 16.66 | 0.47 |
| Estradiol (pmol/L) | 390.70 \pm 412.09 | 394.48 \pm 435.09 | 0.79 | 267.88 \pm 489.57 | 245.39 \pm 452.21 | 0.37 |
| Prolactin (mIU/mL) | 455.63 \pm 330.21 | 460.69 \pm 311.55 | 0.058 | 402.20 \pm 387.56 | 413.34 \pm 459.87 | 0.50 |
| Age (years) | 39.42 \pm 10.00 | 39.51 \pm 10.20 | 0.22 | 53.60 \pm 10.50 | 52.90 \pm 10.30 | 0.85 |

Data are presented as mean \pm standard deviation and compared using the two-sample *t*-test.

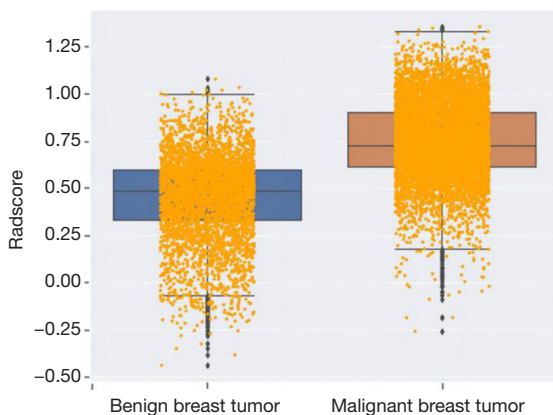


Figure 1 Box plot of thyroid function and estrogen levels in patients of different age groups and ethnicities with benign and malignant breast tumors.

Validation of the prediction model

Figures 3-6 illustrate the validation of the model with different methods. Figure 3 shows the confusion matrix of the prediction model established based on thyroid function, hormones, age, and ethnicity. The prediction model had an accuracy of 83.70%, a precision of 90.69%, a sensitivity of

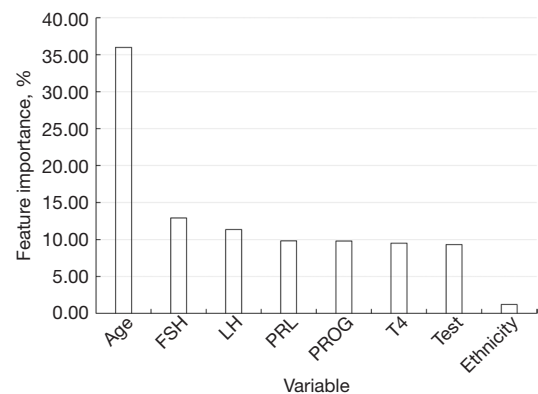


Figure 2 Feature importance of the predictive model. FSH, follicle-stimulating hormone; LH, luteinizing hormone; PRL, prolactin; PROG, progesterone; T4, tetraiodothyronine; Test, testosterone.

84.74%, and a specificity of 81.50%. Figure 4 displays the ROC curve with an area under the curve of 0.9012, close to 1, indicating a good predictive performance.

Furthermore, the convergence plot (Figure 5) and the random forest model (Figure 6) were employed to evaluate

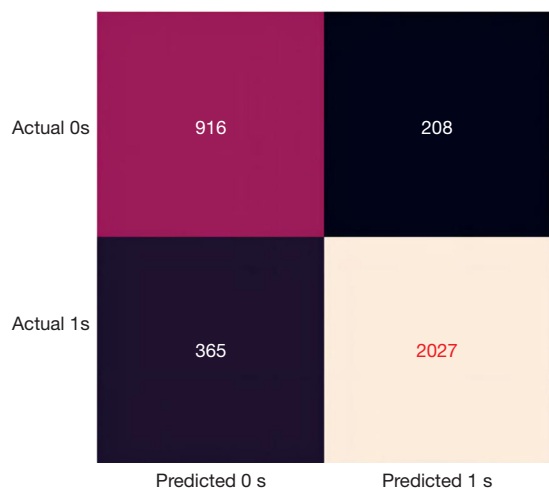


Figure 3 Confusion matrix of the predictive model.

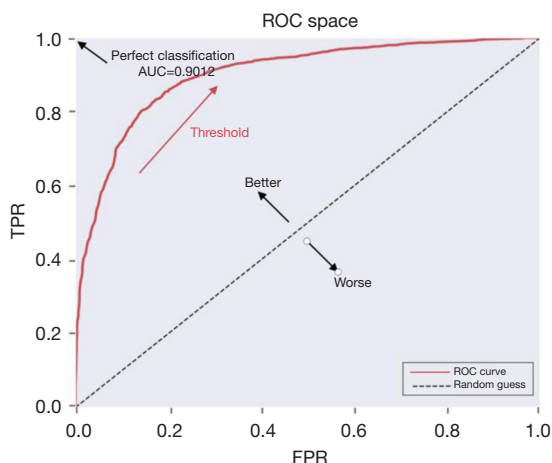


Figure 4 ROC curve of the predictive model. ROC, receiver operating characteristic; AUC, area under the curve; TPR, true positive rate; FPR, false positive rate.

the performance of the prediction model based on thyroid function, estrogen levels, age, and ethnicity. The training set achieved a score of 1.00, and the validation set achieved a score of 0.84. The LASSO intercept was 0.64. This indicates that the prediction model has good performance.

Discussion

Both the breast and the thyroid gland are target organs for pituitary hormones, and alterations in endocrine function are closely associated with the onset and progression of diseases. Recent epidemiological studies have indicated

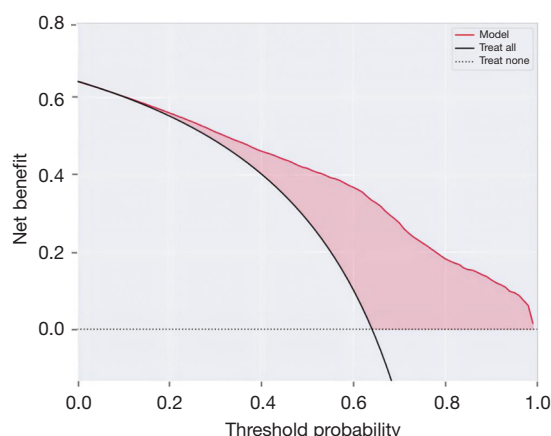


Figure 5 Convergence plot of the predictive model.

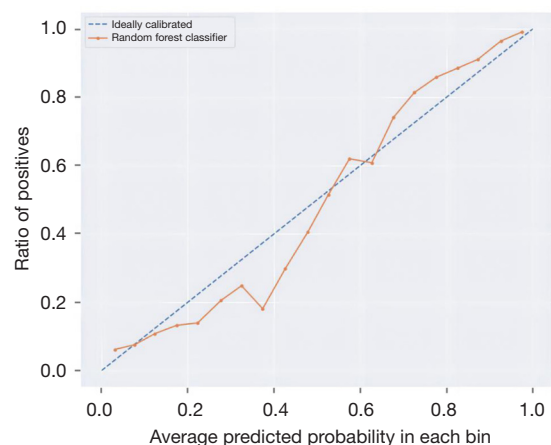


Figure 6 Evaluation of the predictive model using a random forest model.

a positive relationship between thyroid hormone abnormalities and breast diseases (13-16). In the current study, we constructed a predictive model based on factors such as age, ethnicity, thyroid function, and estrogen levels. This model can well predict the occurrence and development of benign and malignant breast tumors.

In this study, we found a certain relationship between age and the occurrence and development of breast cancer. Patients with benign breast tumors were mainly in the age group below 40 years (54.30%) and the 41–50 age group (34.10%), while patients with malignant breast tumors were more prevalent in the age group of 50–60 years (40.30%) and the age group of over 60 years (27.40%). The probability of developing malignant breast tumors increased with age. Thyroid hormone levels may become an

important factor affecting the occurrence and development of breast cancer in postmenopausal women.

The relationship between abnormal thyroid function and breast cancer is very complex and is influenced by various factors (17). There may be several reasons for this (18). First, abnormal thyroid function affects the growth and development of breast tissue by regulating the expression and function of estrogen receptors, thereby leading to abnormal cell growth and differentiation in breast tissue and increasing the risk of breast cancer. Second, abnormal thyroid function can affect the proliferation and metastasis of breast cancer cells. Third, sex hormones can affect thyroid function, leading to abnormal thyroid function and increasing the risk of breast cancer. Conversely, abnormal thyroid function may also affect the synthesis and metabolism of sex hormones, further increasing the risk of breast cancer. This study found that with increasing age, especially during perimenopause, the effects of thyroxine and thyroid-stimulating hormones on the occurrence and development of breast cancer gradually replace the role of sex hormone levels, playing a relatively important role.

In this study, a series of advanced computational methods and techniques were used to analyze and predict the benign and malignant nature of breast cancer. By thoroughly exploring key aspects such as feature selection, model construction, and model evaluation, the aim was to construct an efficient, accurate, and interpretable predictive model. Firstly, a deep exploration of feature selection, a critical step, was conducted. In data analysis, feature selection plays a vital role as it helps researchers identify numerous features most relevant to the target variable, thus improving the predictive accuracy and interpretability of the model (19,20). In this study, the *t*-test and LASSO method were used for feature selection. The *t*-test is a commonly used statistical method that helps researchers identify features with significant differences from the target variable. On the other hand, LASSO is a feature selection method based on L1 regularization, enabling the compression of coefficients for irrelevant features to zero, thereby achieving automatic feature selection (21,22).

In the model construction, two advanced machine learning algorithms, Random Forest and SVM, were used. Random Forest is an ensemble learning method that improves the accuracy and stability of predictions by constructing multiple decision trees based on the decision tree (23,24). SVM is a classification algorithm based on kernel methods, which can classify data by constructing

an optimal hyperplane (25). In this study, the parameters of SVM were optimized to further improve the predictive performance of the model.

In terms of model evaluation, multiple evaluation metrics and methods were used to assess the performance of the model. Among them, the ROC curve and the area under the curve value are two commonly used evaluation metrics, which can help evaluate the classification performance and accuracy of the model (26,27). In addition, the calibration curves and decision curves were also used in the study to evaluate the prediction accuracy and clinical utility of the model. Through these evaluation methods, a more comprehensive understanding of the performance and strengths and weaknesses of the model can be obtained (28,29).

This study has several limitations. Firstly, it used a retrospective case-control design, which is characterized by lower levels of evidence and credibility compared to prospective cohort studies. Moreover, multiple factors influence the development and occurrence of breast cancer. In this study, a prediction model was used to assess the impact of thyroid hormones and age on breast cancer development. While this provides some insights for future research, further studies should include a more comprehensive and rigorous analysis of influencing factors. Additionally, the age distribution of the patients was not even, which may lead to potential bias.

Conclusions

This study found that the predictive model based on thyroid function-related hormone levels can effectively predict benign and malignant breast tumors, underscoring the clinical significance of thyroid function indicators in diagnosing breast cancer. In addition, with increasing age, especially during perimenopause, thyroid hormones gradually replace the role of sex hormone levels and significantly affect the occurrence and development of breast cancer. Our findings may provide a new theoretical basis for breast cancer screening and prevention, can contribute to reducing the incidence of breast cancer from the source, and facilitate precise early intervention for breast cancer. In future research, the research team plans to further explore the molecular mechanisms and biomarkers of breast cancer. In-depth research utilizing more bioinformatics methods and data can help clinicians better understand the pathogenesis and progression of breast cancer through molecular mechanisms and biomarkers.

Acknowledgments

Funding: This study was supported by the fund from the State Key Laboratory of Pathogenesis, Prevention, and Treatment of Central Asian High Incidence Diseases (Grant No. SKL-HIDCA-2020-32).

Footnote

Reporting Checklist: The authors have completed the TRIPOD reporting checklist. Available at <https://tcr.amegroups.com/article/view/10.21037/tcr-23-2164/rc>

Data Sharing Statement: Available at <https://tcr.amegroups.com/article/view/10.21037/tcr-23-2164/dss>

Peer Review File: Available at <https://tcr.amegroups.com/article/view/10.21037/tcr-23-2164/prf>

Conflicts of Interest: All authors have completed the ICMJE uniform disclosure form (available at <https://tcr.amegroups.com/article/view/10.21037/tcr-23-2164/coif>). The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved. The study was conducted following the Declaration of Helsinki (as revised in 2013). The study was approved by the Ethics Committee of Affiliated Tumor Hospital of Xinjiang Medical University (No. K-2023045) and individual consent for this retrospective analysis was waived.

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Cite this article as: Tang Y, Zhu B, Wen X, Chen Y. Development of a prediction model for the association between thyroid dysfunction and breast cancer. *Transl Cancer Res* 2024;13(6):2790-2798. doi: 10.21037/tcr-23-2164