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## Toho Journal of Medicine Vol. 7 No. 3 掲載論文の紹介

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Adrenal Incidentaloma in Japan

Ueshiba H

Toho J Med 7 (3): 99—103, 2021

**要約 :**

This paper aims to evaluate the epidemiologic and clinical characteristics of incidentally discovered adrenal masses, referred to as adrenal incidentalomas, in Japan. The original study had been carried out as a project of a research proposed on behalf of the Japanese Ministry of Health, Labour and Welfare, from 1999 to 2004. This nationwide multi-center study has examined clinically diagnosed 3,672 cases of adrenal incidentalomas, involving 1,874 males and 1,738 females, with mean age  $58.1 \pm 13.0$  years (mean  $\pm$  SD). The mean nodule size of adrenal incidentaloma based on computed tomography (CT) was  $3.0 \pm 2.0$  cm. Compared to non-functioning adenomas, tumor diameters were found to be significantly larger in adrenocortical carcinomas, pheochromocytomas, cortisol-producing adenomas, myelolipomas, metastatic tumors, cysts, and ganglioneuromas ( $p < 0.01$ ). Endocrinological evaluations demonstrated that 50.8% of the total adrenal incidentalomas were non-functioning adenomas, while 10.5%, including 3.6% with subclinical Cushing's syndrome, were reported as cortisol-producing adenomas, 8.5% as pheochromocytomas, and 5.1% as aldosterone-producing adenomas. Adrenocortical carcinomas were accounted for 1.4% (50 cases) among our series of adrenal incidentalomas. In conclusion, while almost 50% of adrenal incidentalomas are non-functional adenomas, we must exercise great caution as adrenal incidentalomas also include pheochromocytomas or adrenocortical carcinomas, because they may be asymptomatic.

**KEYWORDS: adrenal incidentaloma, non-functioning adenoma, adrenocortical carcinoma**

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How to Promote Gemba-Kaizen Activities in Hospitals

Watanabe M

Toho J Med 7 (3): 104—107, 2021

**要約 :**

The promotion of multidisciplinary team medicine is the ultimate challenge in healthcare. To achieve this, it is necessary to promote kaizen activities for current medical care. A more effective way is to improve the procedure and rules of the process by reviewing the problem events that have occurred. A project team has been formed to deal with the problematic events, and many staff members have joined the team. The key issue seems to be how to empower the participating staff to make improvements and to motivate them individually.

**KEYWORDS: kaizen, gemba, hospital, m&m conference, psychological safety**

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Evaluation of Psychosomatic Stress in Elective Spine Surgery by Measurement of Salivary Chromogranin A

Hasegawa K, Wada A, Fukutake K, Nakamura K, Nishiwaki Y, Takahashi H

Toho J Med 7 (3): 108—115, 2021

**要約 :**

**Introduction:** Physical stress, such as operative time, blood loss, surgical wound size, and postoperative pain, is considered to be surgical stress. However, anxiety about and fear of surgery are also important elements of mental stress in surgery and are factors that may delay postoperative recovery. We determined changes in six test markers after spinal surgery and examined their associations with mental and physical stress-related items to evaluate the clinical

usefulness of those markers.

**Methods:** Salivary chromogranin A (CgA) and five other markers (C-reactive protein (CRP), white blood cells (WBC) and interleukin-6 (IL-6) in serum, and amylase (Amy) and cortisol (Cor) in saliva) were measured in 46 patients before elective spine surgery and on postoperative days 1 and 7. At the same time, mental traits and psychological state were evaluated using mental stress-related items on the State-Trait Anxiety Inventory (STAI), a psychological stress test. Physical stress-related items of visual analog scale for pain, operative time, blood loss, and muscle invasiveness were also evaluated. The relationships of changes in six markers from pre- to post-surgery with the physical and mental stress-related items were examined using univariate and multivariate analyses.

**Results:** Changes in CRP, IL-6, and Cor after surgery were associated with physical stress. There was only a weak association of changes in CgA with mental stress (postoperative anxiety).

**Conclusions:** Measurement of changes in salivary CgA after surgery may be useful for objective evaluation of mental stress in the perioperative period of spinal surgery, and this warrants further study.

**KEYWORDS:** perioperative stress, mental stress, spine surgery, chromogranin A, minimally invasive surgery

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