

# Using Anatomical Priors for Deep 3D One-shot Segmentation

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**Abstract:** With the success of deep convolutional neural networks for semantic segmentation in the medical imaging domain, there is a high demand for labeled training data, that is often not available or expensive to acquire. Training with little data usually leads to overfitting, which prohibits the model to generalize to unseen problems. However, in the medical imaging setting, image perspectives and anatomical topology do not vary as much as in natural images, as the patient is often instructed to hold a specific posture to follow a standardized protocol. In this work we therefore investigate the one-shot segmentation capabilities of a standard 3D U-Net architecture in such setting and propose incorporating anatomical priors to increase the segmentation performance. We evaluate our proposed method on the example of liver segmentation in abdominal CT volumes.

## 1 INTRODUCTION

In medical image computing, semantic segmentation of anatomical structures from various imaging modalities is a crucial task to aid in image based diagnostics. Therefore, research on automated segmentation methods is a major topic in the medical computing domain, since manual segmentation is expensive and time consuming. Especially deep learning strategies have become popular approaches to achieve state of the art results. Ronneberger et al.'s U-Net (Ronneberger et al., 2015) has achieved a lot of attention, yielding impressive results in many medical applications. While its general architecture has been modified in numerous ways, (Isensee et al., 2018) demonstrate the effectiveness of a well trained U-Net without substantial architectural modifications in the BraTS 2018 challenge. Therefore, the U-Net architecture has become a competitive baseline for state of the art segmentation performance. However, it does not take into consideration the low variation in shape for most anatomical structures. Consequently, recent research aims at incorporating shape priors into the segmentation process. (Ravishankar et al., 2017) propose augmenting the U-Net by means of a pre-trained autoencoder that is used for shape regularization. The U-Net's output is corrected by the autoencoder to result in a feasible shape. (Oktay et al., 2018) also utilize a pre-trained autoencoder for shape preservation. However, the autoencoder's encoding component is used to regularize the weight adaptation process of a generic segmentation network during training, instead of merely cor-

recting the initial segmentation output. This is motivated by (Girdhar et al., 2016)'s work on establishing 3D representations of objects from 2D images. (Dalca et al., 2018) take into consideration shape priors by means of pre-trained variational autoencoders for an unsupervised learning scheme. (Pham et al., 2019) present a 2D end-to-end architecture, in which an autoencoder, trained for shape representation, is imitated in latent space by a separate encoder, to directly leverage the autoencoder's decoder for shape consistent segmentation.

A limiting factor for most deep learning strategies is the amount of data needed to sufficiently train deep learning models. Especially in the medical domain, labeled training data is scarce and expensive to acquire. As a result, one-shot and few-shot learning approaches have been developed for classification tasks in natural image settings (Koch et al., 2015; Santoro et al., 2016; Snell et al., 2017; Vinyals et al., 2016). There is, however, little research towards one-shot and few-shot learning for segmentation tasks, e.g. by (Dong and Xing, 2018; Michaelis et al., 2018), particularly for medical images, e.g. (Roy et al., 2020). While distinguishing between tissue classes can be more challenging than in natural images, medical images are usually more constrained regarding perspective and shapes. Our contributions are the following:

- We examine to which extent a 3D U-Net architecture is capable of segmenting unseen volumes in a one-shot segmentation setting.
- We compare its results to architectures that make

use of additional anatomical priors.

- We present and investigate an architecture of our own, which can be regarded as a combination of (Pham et al., 2019)’s and (Oktay et al., 2018)’s work.

## 2 METHODS

Motivated by (Oktay et al., 2018)’s contribution and based on (Pham et al., 2019)’s work regarding anatomical priors, we investigate a combined 3D segmentation approach in a one-shot setting. We propose a 3D end-to-end *Imitating and Regularizing Encoders and Enhanced Decoder Network* (IRE<sub>3</sub>D-Net) that is derived from the IE<sub>2</sub>D-Net, leveraging Oktay et al.’s enforcement of stronger shape regularization. The architecture consists of two convolutional encoders  $f_{enc_p}, f_{enc_i}$ , one decoder  $g_{dec}$  and one U-Net component  $h_{unet}$  as depicted in Fig. 1. While  $f_{enc_p}$  and  $g_{dec}$  form a convolutional autoencoder (CAE),  $f_{enc_i}$  and  $g_{dec}$  constitute a segmentation hourglass network. The standard U-Net module  $h_{unet}$  is used to enhance  $g_{dec}$  for an image guided decoding process to increase the decoder’s localization capabilities. Additionally,  $f_{enc_p}$  serves as a regularization module, that measures the output’s shape consistency in latent space during training.

### 2.1 Enforcing Shape Preservation

Convolutional autoencoders are able to both compress their input into a meaningful representation in latent space, and reconstruct the original input from this representation with only little to none information loss. We leverage this property to inject prior information into the learning process of a deep learning network. In our architecture we use the mapping from input to latent feature space for two strategies of shape preservation. On the one hand, we employ (Girdhar et al., 2016)’s approach of imitating the autoencoder’s *prior encoder*  $f_{enc_p}$  in latent space by an additional *imitating encoder*  $f_{enc_i}$ , that infers the actual medical volume instead of the ground truth volume. We denote the input volume as  $x$  and the segmentation ground truth as  $y$ , and  $\Theta$  represents the trainable weights of the architecture. Then the mapping of  $y$  into latent space is

$$\hat{z} = f_{enc_p}(y, \Theta_{enc_p}), \quad (1)$$

whereas the imitation in latent space from  $x$  is

$$\tilde{z} = f_{enc_i}(x, \Theta_{enc_i}). \quad (2)$$

The formulation of an imitation loss

$$\mathcal{L}_{imit}(\Theta_{enc_i} | \Theta_{enc_p}) := \|\hat{z} - \tilde{z}\|_1, \quad (3)$$

where  $\Theta_{enc_i}$  is adaptable and  $\Theta_{enc_p}$  is fixed, enforces  $f_{enc_i}$  to encode the input volume in a similar fashion to  $f_{enc_p}$  during training. The idea is to utilize the autoencoder’s decoder  $g_{dec}$  to achieve a segmentation

$$\tilde{y} = g_{dec}(f_{enc_i}(x, \Theta_{enc_i}), \Theta_{dec}) \quad (4)$$

from  $x$  that is close to the ground truth  $y$ . Furthermore, the decoder receives skip connections from the U-Net’s contracting path, enhancing the decoder’s localization capabilities.

On the other hand, we additionally leverage  $f_{enc_p}$  to restrain the output segmentation’s shape by comparing its latent representation to the ground truth’s, employing a shape consistency loss

$$\mathcal{L}_{sc}(\Theta_{enc_i}, \Theta_{dec}, \Theta_{unet} | \Theta_{enc_p}) := \left\| f_{enc_p} \left( \frac{\tilde{y} + h_{unet}(x)}{2} \right) - f_{enc_p}(y) \right\|_1, \quad (5)$$

which is used to adapt  $\Theta_{enc_i}, \Theta_{dec}$  and  $\Theta_{unet}$ , whereas  $\Theta_{enc_p}$  is kept fixed. Like (Oktay et al., 2018) we add this loss as a regularizing term to the segmentation losses of the segmentation networks. Inclined by the success of ensemble methods, the output of the U-Net module is finally added to the segmentation output from the imitating hourglass network in a component-wise manner.

### 2.2 Differences in Training and Inference

As can be seen in Fig.1, our architecture consists of two segmentation networks, i.e. the U-Net module and the hourglass network module. Even though the hourglass network’s decoder receives skip connections from the U-Net’s contracting path, both architectures are optimized separately using the Dice Loss and regularized by  $\mathcal{L}_{sc}$ , weighted by a factor  $\lambda$ . The autoencoder is also trained separately from the segmentation networks by means of the Dice Loss. The imitating encoder is optimized by the aforementioned imitation loss  $\mathcal{L}_{imit}$ . During training, the prior encoder’s main purpose is to deliver a reference for the imitation encoder to compare against. Since  $f_{enc_p}$  needs a ground truth segmentation as input, it is essentially replaced by  $f_{enc_i}$  that is trained to map medical images to a similar feature in latent space. Also, shape consistency regularization is only possible during training, therefore  $f_{enc_p}$  is omitted during inference.

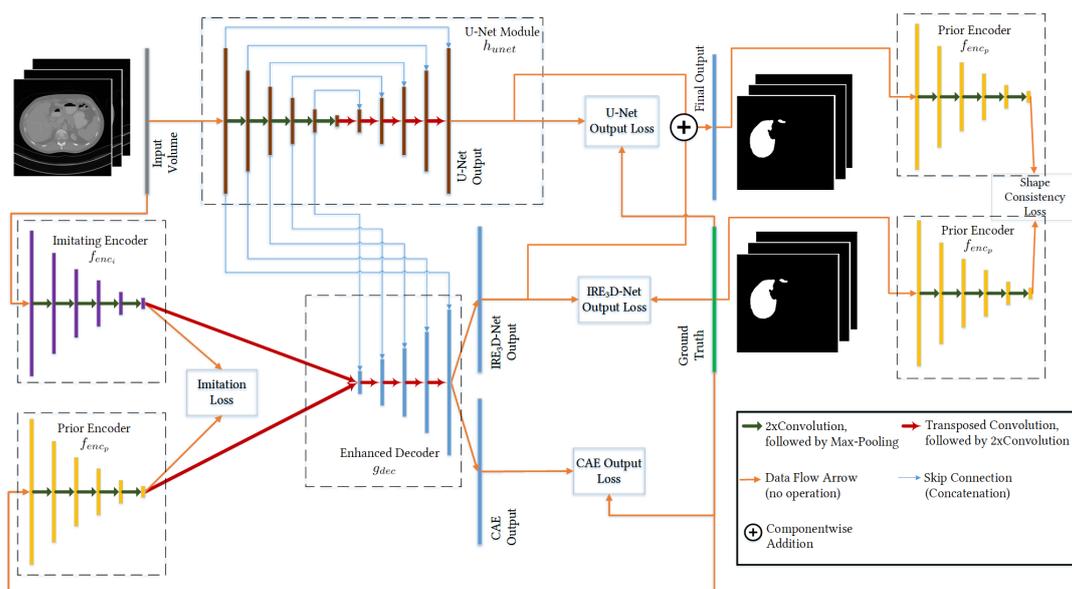


Figure 1: Network Architecture. The architecture consists of four modules: the U-Net module (brown), the imitating encoder (purple), the prior encoder (yellow), and the joint decoder (blue). The prior encoder is additionally used for shape consistency of the output segmentation and the ground truth. For inference the prior encoder is omitted.

### 3 EXPERIMENTS

#### 3.1 Data

We evaluated on the example of liver segmentation from abdominal CT volumes, using both the Cancer Imaging Archive Pancreas-CT data set (Clark et al., 2013; Roth et al., 2016; Roth et al., 2015) (TCIA) and the Beyond the Cranial Vault (BTCV) segmentation challenge (Landman et al., 2015; Xu et al., 2016) with supplementary ground truth segmentations provided by (Gibson et al., 2018), resulting in ninety abdominal CT volumes with corresponding ground truths in total. Since we examine the one-shot capability of a standard U-Net implementation and the effect of incorporating anatomical priors into a deep learning architecture, the U-Net model, (Oktay et al., 2018)’s ACNN, (Pham et al., 2019)’s IE<sub>2</sub>D and our newly proposed IRE<sub>3</sub>D are all trained with only one patient data set for each test scenario. In an exhaustive leave-one-out cross validation manner, we trained every architecture 90 times, using each patient data set as one-shot training set once, and tested on the remaining patient data sets, that have not been involved in training or validation. We arbitrarily used patients 40 and 90 as validation data sets. When training with patient 40 we used patients 39 and 90 for validation and when training with patient 90, we used patients 40 and 89 for validation. We considered the commonly used Dice Similarity Coefficient (DSC) and the Haus-

dorff Distance (HD) as evaluation metrics. While the DSC is a similarity measure between ground truth and prediction, the HD measures the distance to the furthest falsely classified voxel. As a reference (Ref) we calculated the DSC for each test data set, which is achieved by just regarding the ground truth of the training data set as final segmentation for the test sets. We additionally simulate a Situs Inversus case, in which the organs are flipped. This is motivated by our intention to investigate how the trained networks react to cases that slightly differ from physiological images obtained in the usual standard scanning procedure. We do so by inverting the stack ordering in longitudinal axis for validation and all test data sets, while keeping the ordering for the training set.

#### 3.2 Implementation Details

We resized the CT volumes to an input size of  $128 \times 128 \times 96$  and used Tensorflow 1.12.0 for our network implementations. For all models, and for all the separately trainable modules, the optimization was performed with an Adam Optimizer with an initial learning rate of 0.001. The training volume was augmented by means of random translation and rotation. With a batch size of 1, we trained each model for 2400 iterations and chose the model with best validation loss for evaluation. Starting with 32 kernels for each convolutional layer in the first resolution level of each encoder/contracting path, we doubled the num-

ber of kernels for each resolution level on the encoding/contracting side and halved the number of kernels on the expansive/decoding side for each architecture. We used a kernel size of  $3 \times 3 \times 3$  for every convolutional layer and  $2 \times 2 \times 2$  max-pooling in each architecture. The weight of the regularization term in both the ACNN and the IRE<sub>3</sub>D was set to  $\lambda = 0.001$ , as suggested by (Oktay et al., 2018). The experiments were conducted on a GTX 1080 TI GPU.

## 4 RESULTS

Since the complete data set origins from two different sources, we differentiate between 4 cases regarding evaluation results:

- Q<sub>11</sub>: Trained on TCIA and tested on TCIA
- Q<sub>12</sub>: Trained on TCIA and tested on BTCV
- Q<sub>21</sub>: Trained on BTCV and tested on TCIA
- Q<sub>22</sub>: Trained on BTCV and tested on BTCV

These four cases are especially noticeable for the reference DSC measures in Fig.2, where the achieved DSCs for each train/test patient combination is depicted as a heat map. Rows indicate the patient data

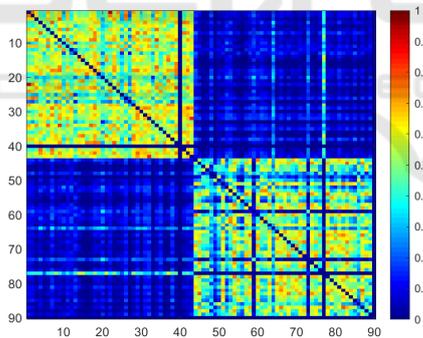


Figure 2: DSC Heatmap of Reference for ordinary setting. Rows indicate patient used for training, columns represent test data set.

set used for training, whereas columns represent the patient test data set. While the columns for patient 40 and 90 are empty, as they serve as validation data sets, a strong DSC change is visible from column 43 to 44 and row 43 to 44. In particular, the DSCs get worse, when ground truths come from different data sources. This indicates that there already is a strong overlap between ground truths within each data source. This indicates that there already is a strong overlap between ground truths within each data source. The segmentation problem might therefore be easier when train and test patients are within the same data source. This becomes quantitatively visible in Table 1, in which the resulting mean DSCs for each

Table 1: Achieved DSCs in each case.

DSC	Q <sub>11</sub>	Q <sub>12</sub>	Q <sub>21</sub>	Q <sub>22</sub>
Ref	53.7 ± 12	31.7 ± 13	31.7 ± 13	40.7 ± 20
U-Net	<b>82.9 ± 6</b>	67.3 ± 11	78.4 ± 9	<b>80.3 ± 7</b>
ACNN	82.5 ± 6	69.6 ± 10	<b>79.0 ± 8</b>	79.7 ± 8
IE <sub>2</sub> D	82.1 ± 7	70.2 ± 11	78.4 ± 10	80.3 ± 7
IRE <sub>3</sub> D	81.8 ± 7	<b>70.5 ± 11</b>	77.6 ± 10	80.1 ± 8

architecture in each case are shown.

For the reference and all tested architectures, the best DSCs are achieved in Q<sub>11</sub> and Q<sub>22</sub>. Table 1 also shows, that the standard U-Net yields the best results regarding DSC in Q<sub>11</sub> and Q<sub>22</sub>, while architectures with anatomical priors show slightly better results in Q<sub>12</sub> and Q<sub>21</sub>, i.e. when data sources for training and testing are different. Our proposed IRE<sub>3</sub>D architecture achieves the best DSC result for the Q<sub>12</sub> case, whereas for Q<sub>21</sub> Oktay et al.'s ACNN surpassed the remaining models. Fig.3 depicts the DSC heatmaps of all trained models.

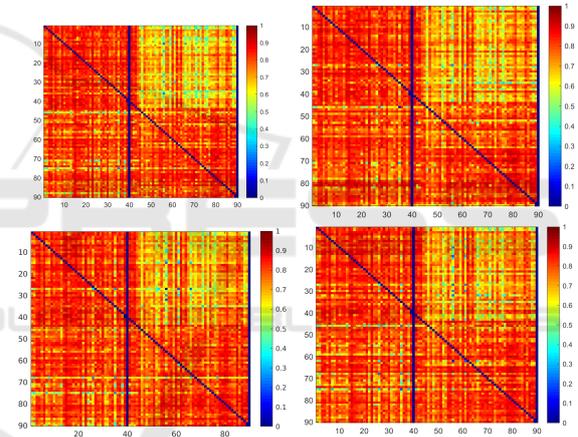


Figure 3: DSC Heatmaps for each train/test combination of U-Net, ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D (from top left to bottom right) for ordinary setting. Rows indicate patient used for training, columns represent test data set.

It becomes visually apparent, that the Q<sub>12</sub> case seems to be especially difficult for all models. The observation that models with shape priors perform better when source and target domain are different is, however, only partly reflected by the Hausdorff Distances in Table 2. Surprisingly, the regularization in the ACNN results in higher Hausdorff distances than for the standard U-Net in all cases. Our proposed IRE<sub>3</sub>D Network shows best results regarding HD in

Table 2: Achieved HDs in each case.

HD	Q <sub>11</sub>	Q <sub>12</sub>	Q <sub>21</sub>	Q <sub>22</sub>
U-Net	50.8 ± 12.9	<b>40.4 ± 11.1</b>	48.6 ± 14.2	<b>48.2 ± 12.7</b>
ACNN	60.1 ± 19.1	45.6 ± 13.3	55.7 ± 23.5	54.8 ± 14.1
IE <sub>2</sub> D	48.1 ± 13.4	40.5 ± 10.5	45.9 ± 13.1	51.7 ± 12.4
IRE <sub>3</sub> D	<b>47.8 ± 12.8</b>	40.4 ± 10.7	<b>45.1 ± 12.8</b>	51.1 ± 12.8

$Q_{11}$  and  $Q_{21}$ , whereas in the challenging  $Q_{12}$  case it performs equally well as the U-Net. Fig. 4 shows

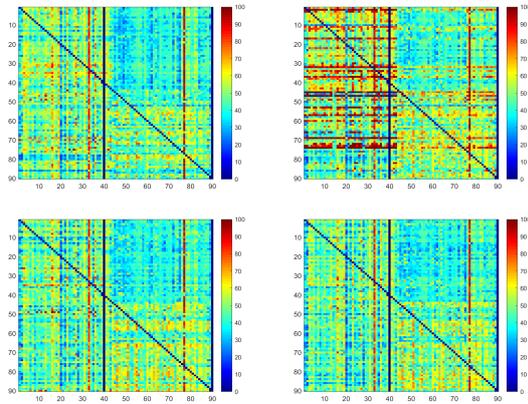


Figure 4: Hausdorff Distance Heatmaps for each train/test combination of U-Net, ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D (from top left to bottom right) for ordinary setting. Rows indicate patient used for training, columns represent test data set.

the maps of measured Hausdorff distances for each train/test scenario in each model. Red indicates high distances whereas blue represents low values. The surprising observation is here visualized, as it can be seen that the ACNN architecture seems to have difficulties especially in  $Q_{11}$  and  $Q_{21}$ . While the tested models with shape prior information and our proposed IRE<sub>3</sub>D model show promising results for one-shot settings in which source and target domain are different, it is still surprising that a standard U-Net is also capable of achieving that good DSC and HD scores when only training with one data set. Therefore, we would like to investigate if this observation still holds, when train and test data show a stronger deviation, such as the Situs Inversus setting.

### 4.1 Situs Inversus Simulation

In the Situs Inversus setting, it becomes imminent in the Reference heat map in Fig. 5, that  $Q_{22}$  yields the most challenging case, whereas  $Q_{11}$  seems to be the easiest scenario.

This may be due to the fact, that in BTCV the liver is not centered along the longitudinal axis. Thus, when inverting the stack order, the overlap of liver regions between training and testing data set is smaller than in the other cases. In TCIA, particularly, the liver is more centered, such that even when inverting the order, the overlap of liver regions is still rather large.

Table 3 reveals, that the IE<sub>2</sub>D architecture and our proposed model outperform the standard U-Net in all cases except for  $Q_{11}$ , where the standard U-Net yields best DSC results.

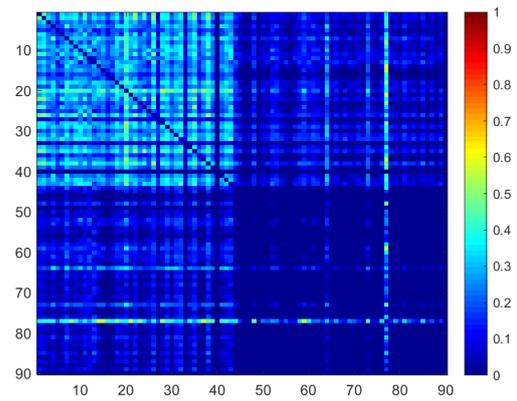


Figure 5: DSC Heatmap of Reference for Situs Inversus setting. Rows indicate patient used for training, columns represent test data set.

Table 3: Achieved DSCs in each case for a situs inversus setting.

	$Q_{11}$	$Q_{12}$	$Q_{21}$	$Q_{22}$
Ref	$26.0 \pm 10$	$8.3 \pm 8$	$8.3 \pm 8$	$1.4 \pm 5$
U-Net	<b><math>76.2 \pm 7</math></b>	$59.3 \pm 11$	$60.4 \pm 17$	$45.0 \pm 18$
ACNN	$76.0 \pm 7$	$61.1 \pm 11$	$59.7 \pm 19$	$45.9 \pm 18$
IE <sub>2</sub> D	$75.4 \pm 8$	$61.8 \pm 11$	<b><math>63.7 \pm 16</math></b>	<b><math>52.4 \pm 16</math></b>
IRE <sub>3</sub> D	$75.8 \pm 8$	<b><math>63.0 \pm 10</math></b>	$61.9 \pm 16$	$51.2 \pm 16$

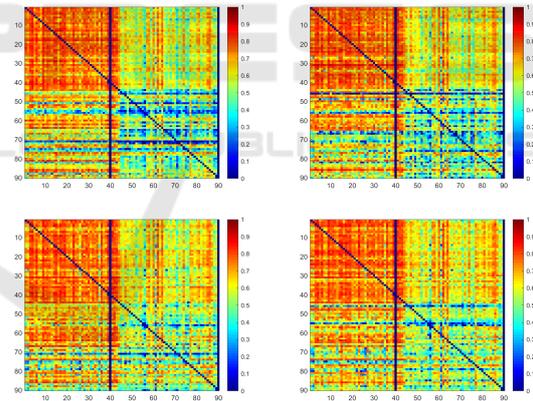


Figure 6: DSC Heatmaps for each train/test combination of U-Net, ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D (from top left to bottom right) for situs inversus setting. Rows indicate patient used for training, columns represent test data set.

Figure 6 shows the DSC heatmaps of the trained models for each train/test combination. It is directly noticeable that for  $Q_{11}$  all models perform very well, whereas the most problematic case is  $Q_{22}$ , i.e. when there is only little segmentation overlap between training and testing image. To explore the improvements by incorporating shape priors compared to U-Net we visualize the signed difference maps of the DSC heatmaps in Fig.7. The first column of the figure highlights the train/test cases in which U-Net

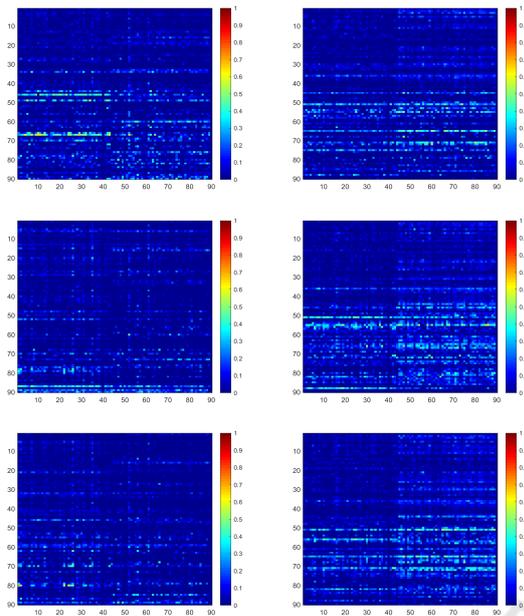


Figure 7: First column: DSC improvement for each train/test combination, in which U-Net performs better than ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D for situs inversus setting. Second column: DSC improvement for each tra(from top to bottom)in/test combinations, in which ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D (from top to bottom) perform better than U-Net for situs inversus setting. Rows indicate patient used for training, columns represent test data set.

Table 4: Achieved HDs in each case for a situs inversus setting.

HD	Q <sub>11</sub>	Q <sub>12</sub>	Q <sub>21</sub>	Q <sub>22</sub>
U-Net	55.7±12.1	42.0±11.3	60.5±17.8	42.0±11.2
ACNN	64.4±18.0	46.9±14.0	71.9±24.4	51.6±18.0
IE <sub>2</sub> D	52.3±12.8	40.1±10.6	<b>54.2±15.5</b>	39.6±10.6
IRE <sub>3</sub> D	<b>51.4±12.3</b>	<b>39.8±10.4</b>	55.2±16.6	<b>39.2±10.3</b>

performs better, whereas the second column shows the cases in which U-Net preforms worse. We can see that for IE<sub>2</sub>D and IRE<sub>3</sub>D there are many cases, especially in Q<sub>21</sub> and Q<sub>22</sub>, in which U-Net yields inferior DSC scores. Considering the Hausdorff distances in Table 4, IE<sub>2</sub>D and IRE<sub>3</sub>D also show better results than the U-Net in all cases. It is, however, surprising that the shape regularization in ACNN, again, results in considerably worse Hausdorff distances in all cases. These observations are visualized in Fig.8, in which the worse Hausdorff distances of ACNN become immediately apparent in comparison to the other architectures. As before we would like to compare the shape prior based models with the standard U-Net by computing the signed difference in Hausdorff distances in Fig.9. The left column of the figure highlights in which train/test cases U-Net achieves worse Hausdorff distances, whereas the right column shows

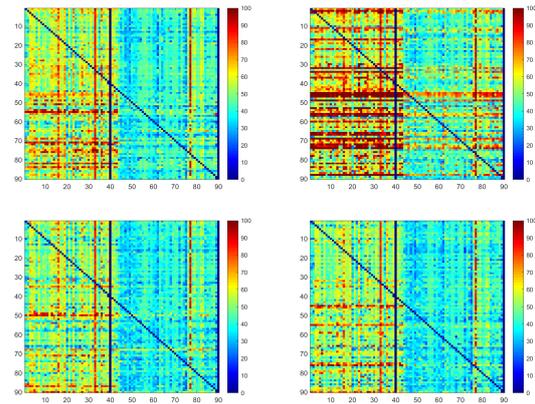


Figure 8: Hausdorff Distance Heatmaps for each train/test combination of U-Net, ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D (from top left to bottom right) for situs inversus setting. Rows indicate patient used for training, columns represent test data set.

the scenarios, in which U-Net results in better distances. For ACNN it is surprisingly noticeable that regarding Hausdorff distance U-Net seems to be superior in most case. For IE<sub>2</sub>D and IRE<sub>3</sub>D, however, in most cases U-net achieves inferior distances.

Figure 10 depicts exemplary segmentation results in the situs inversus setting. It particularly shows,

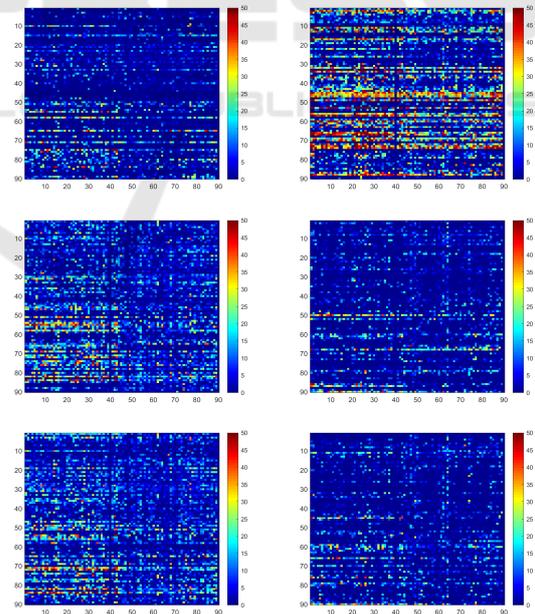


Figure 9: First column: Hausdorff Distance worsening for each train/test combination, in which U-Net performs worse than ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D (from top to bottom) for situs inversus setting. Second column: Hausdorff Distance worsening for each train/test combinations, in which ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D (from top to bottom) perform worse than U-Net for situs inversus setting. Rows indicate patient used for training, columns represent test data set.

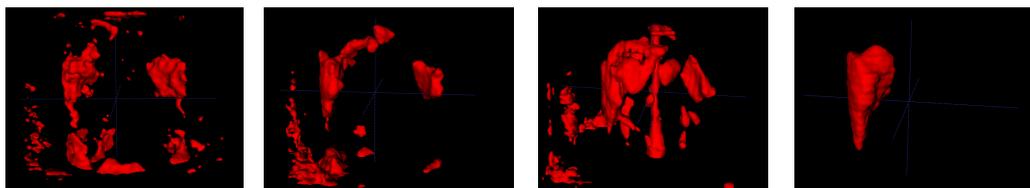


Figure 10: Exemplary segmentation results from each architecture on the situs inversus setting. Left to right: U-Net, ACNN, IE<sub>2</sub>D, IRE<sub>3</sub>D.

that the incorporation of Oktay et al.’s regularization scheme yields smoother results and fewer outliers for both the ACNN and our proposed IRE<sub>3</sub>D architecture, which is reflected by the resulting DSC scores. However, shape regularization does not seem to reduce the maximal outlier distance.

## 5 CONCLUSION

In this work we investigated the one-shot segmentation capability of a standard U-Net and examined how incorporating anatomical priors may change the outcome on the example of liver segmentation from CT. The U-Net delivers promising results in settings, where the position of the liver shows low variation, which is often the case when training and testing data sets that come from the same source. We also observed, that in cases of different data sources, where the liver position may change drastically, the U-Net shows strong weaknesses due to overfitting of the position, and that incorporating anatomical priors may improve the segmentation results. We proposed a new architecture, that incorporates anatomical information in 2 ways and achieved promising and competitive results, particularly in settings of different data sources. We demonstrated this on the example of the situs inversus setting, in which we achieved best results for most cases regarding DSC and Hausdorff distance. This was specifically notable in the more challenging cases. In the future, we intend to further examine how little data may be feasible for the U-Net to reach good segmentation results in a constrained setting. We also aim to extend our architecture for multi-organ one-/few-shot segmentation tasks.

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