

# **Dilated Inception U-Net for Nuclei Segmentation in Multi-Organ Histology Images**

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**Abstract** - Medical image processing using machine learning is an emerging field of study which involves making use of medical image data and drawing valuable inferences out of them. Segmentation of any body of interest from a medical image can be done automatically using machine learning algorithms. Deep learning has been proven effective in the segmentation of any entity of interest from its surroundings such as brain tumors, lesions, cysts, etc which helps doctors diagnose several diseases. In several medical image segmentation tasks, the U-Net model achieved impressive performance. In this study, first, we discuss how a Dilated Inception U-Net model is employed to effectively generate feature sets over a broad region on the input in order to segment the compactly packed and clustered nuclei in the Molecular Nuclei Segmentation dataset that contains H&E histopathology pictures, including a comprehensive review of related work on the MoNuSeg dataset.

#### Kev Words: Dilated Inception U-Net, Nuclei Segmentation, Dilated Convolutions, Convolutional **Neural Networks, Deep Learning**

### **1. INTRODUCTION**

The methods of prognosis and prediction of cancer in patients have been improving and being researched consistently over the past years. Predicting cancer susceptibility, predicting cancer resurgence, and forecasting cancer survivability are the three areas of interest while predicting cancer [1]. It is vital to segment critical organs, tissues, or lesions from medical images and to extract features from segmented objects to assist physicians in making the correct diagnosis. Cancer detection in patients is made easier using machine learning algorithms such as Artificial Neural Networks, Decision Trees, Support Vector Machines, and other classification algorithms that learn features and patterns from the past patient data provided to them and make predictions on the unseen data using the learned features and patterns from the past true data.

Segmentation of an object from a medical image has been an intricate task in medical image analysis which can be realized using machine learning models [2] instead of manual annotation by hand. This is usually accomplished by feeding a 2-dimensional or 3dimensional image to a machine learning algorithm and acquiring a pixel-wise classification of the image as a prediction. Deep learning, an emerging field of machine learning, turns the original feature representation space into another space by layering feature transformations, making tasks like recognition, classification, and segmentation easier which is achieved by using convolutional neural networks that look for valuable patterns in the image. This method of learning samples using big amounts of medical data can better characterize the rich information inherent in the data than typical artificial methods for constructing features.

Nuclei segmentation in histology images helps doctors diagnose cancer in patients. The nuclei's contour and size are the most significant features that need to be predicted in a medical image for an appropriate diagnosis. Therefore, modifications to the original DIU-Net model are proposed to segment the nuclei in the MoNuSeg data [3]. A Dilated Inception U-Net model was used which uses dilated convolutions that are capable of efficiently generating feature sets of a large area on the The model proposed was much more input. computationally efficient and focused on capturing more details in the data as compared to other reviewed models in the same sphere. This was done by introducing dilated inception blocks instead of the traditionally used convolutional layers to overcome the shortcomings of classic U-Net on the MoNuSeg dataset. These dilations enabled the model to learn features from larger spatial domain without being very а computationally expensive. The dataset used for testing the proposed model was introduced by Neeraj Kumar et al 2017 as a part of the Multi-Organ Nuclei Segmentation (MoNuSeg) Challenge [4]. The data includes images of manually annotated, magnified nuclei that are



hematoxylin and eosin (H&E) stained, which are the bodies of interest that need to be segmented.

### **2. LITERATURE REVIEW**

Advances in Deep neural networks in medical imaging have been used extensively for localization and classification of nuclei in histopathology data from breast and colon cancer, however, such traditional methods did not work for segmentation Thus this introduced the use of Deep CNN architectures for semantic segmentation due to its automatic feature extraction and end-t-end training methods Then came Fully Convolutional Networks that could be applied regardless of input image sizes and produce more accurate segmentation results by utilizing features from different scales [5]. Traditional segmentation strategies like the SegNet [6] and the classic U-Net model [7] keep encoding the image to a bottleneck layer to extract more influential features from the image and using skip connections to retain the spatial features to segment the object of interest from the surrounding, have shown good results but have struggled to delineate nucleus borders adequately. Specifically designed models have been introduced recently to segment overlapped and clustered nuclei from this dataset.

Z Zeng et al 2018 introduced a RIC U-Net model which comprises deep residual inception modules and residual modules along with convolutional layers as the skip connections of the U-Net model and segmented the clustered/overlapped nuclei from the same histology images in the MoNuSeg dataset [8]. They used an attention mechanism in the decoder blocks to select the most influential features. However, the network was too deep and the number of images proved to be insufficient which led the model to overfit. Zhou et al 2020 used a multi-Head [9]. Fully Convolutional Network model with a ResNet with fifty convolutional layers as the backbone for the top-down encoder and a binary cross-entropy loss function to segment the nuclei in this dataset. They also normalized the color of the tissue images and dilated the binary masks once before using them as the training data. The patch sizes used by them were 256 x 256.

Tahir Mahmood et al 2021 proposed a nuclear segmentation method based on a residual skip connection It did not require post processing unique nuclei segmentation strategies traditional Thev emphasized on utilizing residual connectivity to maintain the information transfer from the encoder to the decoder They used the stain normalization technique as proposed by Macenko [10]. They proposed an R-SNN, an end-to-end encoder-decoder segmentation network in which the input image is first downsampled by passing it through multiple deep-learning convolution and pooling layers in the encoder and then upsampled to the original size by the decoder part. They used crossentropy loss because of its logarithmic function and probabilistic approach. They utilized stain normalization to reduce the number of convolution layers and thus the proposed method had fewer trainable parameters, the model converged rapidly and trained fast. Kiran I et al 2022 segmented these clustered nuclei by adopting preprocessing techniques [11] like color normalization, patch extraction, data augmentation, distance mapping, and binary thresholding by introducing a DenseRes U-Net model which replaced the skip connection in U-Net with atrous blocks (or dilated convolutions) to ensure there is no dimension mismatching between the encoder blocks and decoder blocks. The authors performed distance mapping to find the nuclei's center point and to distinguish between the inner boundary and core area of the nuclei. Binary thresholding was applied to the distance maps before feeding them to the DenseRes U-Net model. Yunzhi Wang cascaded two U-Nets together to construct a model and applied color normalization on the nuclei images using the mean and standard deviation from the ImageNet dataset [12]. The author used 512x512 patches for training, and patches of this size make the model train relatively more slowly. Kong Y et al 2020 Two-Stage Stacked U-Nets with an attention mechanism that uses U-Net as the backbone architecture and input images on four different zoomed scales and an attention generation model which is used to weigh the outputs of these four differently scaled sets of inputs[13]. They predicted the masks in the two stages, but also fed the input along with the predicted masks from the first stage to the second stage, attaining the final prediction.

Excessive data augmentation and pre-processing measures on the dataset have certainly helped deep learning models generalize well on unseen data. Color normalization has been a common strategy to overcome the influence of stain variations in the dataset on the models. These methods avoid the potential model overfitting to the training data. The model making use of dilated convolutions has substantially less trainable parameters as compared to the models that extract feature sets of the same scale.

### 3. METHODOLOGY

D Cahall et al 2017 introduced Dilated Inception U-Net for brain tumor segmentation on the BRATS 2018 dataset and achieved impressive results [14, 15]. However, the MoNuSeg dataset was comparatively more complex and contained clustered nuclei. To better fit this

data, a few changes were made to the Dilated Inception U-Net model to use for the segmentation of nuclei. The challenge was not only to segment the nuclei but to eliminate the overlapping nuclei in the predicted masks.

## 3.1 Proposed Method

The DIU-Net model for nuclei segmentation was implemented on the training data along with augmented data to segment the nuclei on the unseen testing data. The dilated Inception U-Net model is able to extract a diverse set of features that include more spatial information from the tissue images. The preparation of training the data commenced with the extraction of patches from the high-resolution histology images followed by the application of a few data augmentation techniques to compensate for the insufficient training data available.

## 3.2 Dataset

The dataset consists of 30 Hematoxylin and Eosin (H&E) stained tissue images with more than 21000 nuclear boundary annotations validated by a medical doctor. The dataset was introduced by (Neeraj Kumar et. al. 2017) who generated this dataset from The Cancer Genomic Atlas (TCGA) archive [16]. These 30 images contained H&E-stained images of 7 organs (Bladder, Brain, Breast, Colon, Kidney, Lung, and Prostate) which were used for training the model. The corresponding masks to these images were in the form of XML files, so they were first converted to binary masks before further operations. Additionally, 14 images were provided to evaluate the model's performance and were utilized to validate and evaluate the model.

## 3.3 Data Preprocessing

In order to tackle this difficult dataset, a few preprocessing techniques for the data were adopted, including patch extraction from raw images to reduce the load while training the model, and augmentation to deal with the shortage of data for training a Convolutional Neural Network model. The H & E stain variations across the organs pose threats to the quality of model training. To avoid this, a color normalization technique was adopted which involves the Singular Value Decomposition geodesic method for the acquisition of stain vectors of the images [10]. The color normalized images were then used for further preprocessing. To prepare the training data, patches of dimensions 256 x 256 were extracted from every training and testing image of dimensions 1000 x 1000 with some overlapping (Fig 1). Each image would provide 16 patches with a small overlapping. The corresponding masks were also patched the same way before feeding to the model. The training patches and testing patches were kept separate throughout the training. To avoid potential overfitting of the model to the training data, multiple augmentation techniques were applied including random rotation, vertical flip, horizontal flip, gaussian blur, gaussian noise, color jitter, and channel shuffle. The open-source computer vision library OpenCV and TensorFlow were used to apply these augmentation techniques to the image patches [17, 18]. Besides the 480 training images, there were approximately 2500 augmented images that were used along with the unaugmented data to train the model, keeping the patches from the 14 images from the testing data aside as validation data.



Tissue Image



Color Normalization





Patching



Binary Mask

Patching



Fig 1. The Tissue Images and their corresponding binary masks after patching.

#### **3.4 Model Architecture**

The classic U-Net model was modified by applying dilated inception blocks instead of the traditional convolution layer blocks. The primary goal is to perform classification on all the pixels of the patches of the tissue image and produce a binary mask that shows whether a pixel belongs to a nucleus or not. Every pixel in the binary mask has either two values 0 and 1 after binary thresholding on the output from the final sigmoid layer.

Dilated filters in addition to standard filters were employed to capture features from various spatial domains and create a feature set from these combined sets of features. The dilated filters capture just as much information as the standard filters capturing a larger area having the same number of parameters. There were significantly fewer trainable parameters in the model, which significantly reduced the load caused by the model's training. Inception modules have been effective in extracting significant features from images that help in image classification [19]. Due to their variable filter sizes in the inception layers, the network can learn various spatial patterns at different scales. Consequently, the number of trainable filters is increased substantially if the same number of filters are used. Dilated filters solve this shortcoming by detecting similar spatial patterns on the same scale with less trainable parameters.

#### 3.4.1 Dilated Convolutions

The purpose of dilated convolutions is to gather information over large areas of the image. Dilation operates as if the filter is expanded and zeros are introduced in between the gaps and those zeros are phantoms i.e., not trainable. In other words, these dilations grow the region covered by a filter. Fig 2 shows how these dilations affect the filter's region using an example. The underlying motivation behind using dilated filters is to capture information from a larger area without dealing with too many trainable parameters.

International Research Journal of Engineering and Technology (IRJET) IRIET Volume: 09 Issue: 10 | Oct 2022 www.irjet.net

1	1	1
2	2	2
1	1	1



1		1		1
2		2		2
1		1		1

Dilation Rate 1

Dilation Rate 2

Dilation Rate 3

Fig 2. A convolution filter with different dilation rates.

#### 3.4.2 Dilated Inception Blocks

Input is followed by three parallel 1x1 filtered layers to ensure that the following three parallel differently dilated layers of 3x3 filters receive input with significantly fewer channels to reduce the load while training. The differently dilated filters use same zeropadding which means there are a sufficient number of zeros introduced to the edges of the input to make sure the output has the same size as the input to concatenate the three outputs from the three differently dilated convolution layers. All the filters in these blocks are activated by a Rectified Linear Unit function (ReLU). The 1x1 filters are used in order to reduce the dimensions of the input which would lower the number of trainable

parameters. The outputs from the three differently dilated filters are concatenated together and followed by a batch normalization layer which produces the output from each of these blocks (Fig 3). The batch normalization layer is used to normalize the output of the preceding layers, making learning more effective. It can also be used as regularization to prevent the model from overfitting. The n above each convolutional layer in the block represents the number of filters in that layer and this number can be used to calculate the number of channels in the output of each block (i.e., 3n for a concatenation of three outputs of n channels each). These blocks are the basic units for the Dilated Inception U-Net model.





Fig 3. Dilated Inception Block

### 3.4.3 Dilated Inception U-Net

The dilated inception blocks are put together to form the dilated inception U-Net model, which modifies the original U-Net model for segmentation. Fig 4 displays the model architecture constructed by the dilated inception blocks inside which can be seen in Fig 3. The shape of the outputs from each of the blocks has been written on them. These blocks are used to extract more spatial information on each encoding and decoding block as well as the two bottleneck blocks. The purpose of this model is to extract useful features from the input image while keeping the spatial information about the image intact. A sigmoid activation layer is used finally to classify whether a pixel belongs to a nucleus in the tissue image by mapping the output from the last block to values in the range 0 to 1. Closer values to 1 indicate the presence of a pixel belonging to a nucleus. All the values were set to 0 if they were smaller than 0.5 and set to 1 otherwise in the predictions of the testing set before evaluating the metrics.



Fig 4. Dilated Inception U-Net model

## **3.4.4 Encoder Block**

Each dilated inception block is followed by another dilated inception block until the bottleneck layer. A Max-Pooling layer is applied to the output from each block before passing it to the next one to reduce the dimensions by half. Each four-pixel square on the image is replaced by Max-Pooling with one pixel whose value is equal to the maximum of the four pixels. The number of filters in each block is double that of the previous block. The model is then enabled to learn more low-level features. Moreover, a residual connection is added to the model to pass the output from each of these blocks to their corresponding decoder blocks in the U-Net symmetry for the retention of spatial information which the decoder blocks can further use to extract valuable features out of the image. The bottleneck layer which is capable of detecting rich but most spatially inaccurate features is where the encoding of the image to a lower scale cease. There are two bottleneck blocks, the first of which passes its output without changing the dimension to the second. These blocks are expected to learn a wide variety of low-level features, hence there are more filters in these blocks as compared to the other ones.

### **3.4.5 Decoder Block**

The output from the decoder block contains useful information for the classification of pixels. The output's shape must be expanded in order to align with the final output's shape. The dimensions are enlarged using transposed convolutions that expand the output's size using trainable filters. In contrast to a max-pooling layer, this scales the output up to twice its original size and consists of trainable parameters. Before passing this scaled-up information to the next block, the outputs from the corresponding encoder blocks are concatenated to the output using the residual (or skip) connections mentioned before. The scaling-up is done until the size of the output acquired is the same as the input. A sigmoid activation layer, which is ideal for binary classification tasks is then applied to the output from the last decoding block to finally classify the pixel.

#### **3.5 Evaluation Metrics and Loss Function**

In the field of medical image analysis, merely an increase in accuracy cannot fully explain how well deep learning algorithms perform, where issues such as class disproportion in data and the catastrophic repercussions of skipped tests must be taken into account [15]. To evaluate the model, two metrics were used: DICE Coefficient and Aggregated Jaccard Index. DICE coefficient is defined as the ratio of twice the intersection between the ground truth and predicted mask to the sum of the ground truth and prediction masks (ref). In order to evaluate the DICE coefficient, the pixel values of the masks were scaled down in the range between 0 and 1. The product of the predicted mask and the ground truth would be equal to the area of intersection between the two. Summing the two image arrays would give the total area of both images.

$$DICE(G,P) = \frac{2 * |G \cap P|}{|G| + |P|}$$

where G is the ground truth and P is the predicted mask of the nuclei. The numerator term represents their

intersection, whereas the denominator term is simply the sum of their areas. Aggregated Jaccard Index (AJI) is a metric to evaluate segmentation quality, defined as the ratio of the intersection of the ground truth and predicted mask to the sum of their union, false positives, and false negatives.

$$AJI(G,P) = \frac{|G \cap P|}{|G \cup P| + |S|}$$

where S is the set of all pixels in the predicted mask and ground truth that are mismatched those accounts for all the false positives and false negatives. This score is naturally lower than the Jaccard Index or IoU as more values are being added to the denominator. This metric evaluates the performance of a model by penalizing for the mis predicted pixels, under-segmentation, and oversegmentation of nuclei. A DICE Coefficient-based loss function defined as the negative natural logarithm of the DICE Coefficient was used for the model.

$$L(G,P) = -log(DICE(G,P))$$

Higher values of the DICE Coefficient imply a better match of ground truth and predicted mask, so the lower values of the loss function indicate better segmentation quality. The range of the loss function is  $[0, \infty)$  where 0 is the absolute perfect case of ground truth and predicted mask matching with each other or them being exactly the same.

### **4. RESULTS AND DISCUSSIONS**

The model's architecture was constructed from scratch and was trained on the 480 original patches of the color normalized images and approximately 2500 augmented images using Adam Optimizer with a learning rate of 0.001 for 20 epochs with a batch size of 10 images and the model with the best validation DICE Coefficient was chosen and used for evaluation on the testing set which was used as validation data in the first place. The entire training process took a little over an hour. The loss evaluated on the testing set was 0.2005. The overall segmentation quality was impressive considering the small training data used and the small training time. It was discovered that the model was relatively weaker at segmenting the nuclei belonging to the breast and colon images as is evident by the AJI scores on these organs. Table 1 shows the DICE Coefficient scores and AJI scores on different organs in the testing data.

Organ	DICE	AJI
Bladder	0.843	0.732
Brain	0.817	0.696
Breast	0.782	0.635
Colon	0.775	0.630
Kidney	0.824	0.700
Lung	0.827	0.702
Prostate	0.819	0.683

**Table -1:** Model Evaluation on the Testing Set Organs

Table -2: Training Results

Results	Score
Loss	0.2005
AJI	0.6877
DICE	0.8183

The DICE Coefficient score and Aggregated Jaccard Index were evaluated to be 0.8183 and 0.6877 on the entire testing set. The model was successful in effectively separating the boundaries of the nuclei, and the densely packed clusters of nuclei were separated pretty well. In a comparison of the predicted mask to the ground truth, a set of false-positive nuclei was discovered. The tissue images and their corresponding ground truth binary masks and predicted masks from the Dilated Inception U-Net model can be seen in Fig 6. This modified U-Net model used for nuclei segmentation was inspired by D Cahall's [8] paper in which they used the same model for brain tumor segmentation. There were specific changes made to the model to fit better to the dataset being dealt with. In contrast to the convention in U-Net models, another bottleneck layer was introduced in sequence for the extraction of a set of even more complex features from input images. The same loss function was adapted but for binary classification. It is worth noting that the Dilated Inception U-Net is a computationally efficient model with a much faster training time which is made possible due to the dilated convolutions. The blocks utilizing inception modules (non-dilated convolutions) would have to train an absurd number of parameters, which would be more than twice as many as those in the dilated inception blocks if it weren't for the dilated convolutions. Besides the impressive scores on the testing data, there seemed to be a substantial number of false positives and false negatives in the predictions, which could be diminished using some post-processing techniques like image morphology or removal of extremely small predicted instances, leaving some ground for future research.

International Research Journal of Engineering and Technology (IRJET)e-ISSN: 2395-0056Volume: 09 Issue: 10 | Oct 2022www.irjet.netp-ISSN: 2395-0072



Fig 5. Tissue Images and their corresponding ground truth binary masks and predicted masks.

The most popular patch sizes have been 256x256 because they include more than enough contextual information from each nucleus' surroundings to extract meaningful features for segmenting them. Aside from the massive amount of memory needed, feeding patches of this size to the model assures a faster prediction and the model has to learn a lot fewer parameters than it would if the original images of size 1000x1000 were used for training. Color normalization of the dataset before further processing has been a common method in past works of researchers. Impressive results were nonetheless obtained with color normalization and excessive augmentation approaches which compensated for stain inconsistencies in the dataset.

## **5. CONCLUSIONS**

The Dilated Inception U-Net model was used for nuclei segmentation in histopathology images. DICE coefficient and Aggregated Jaccard Index Score were used as evaluation metrics. Smaller image patches were extracted with minimum overlapping from each train and test image and multiple augmentation techniques were employed to improve the performance of the model. Despite the little amount of data provided, the model delivered the best performance segmenting brain and bladder nuclei images. Further work can be done to improve the performance of breast and colon nuclei segmentation by adopting different augmentation techniques. These sparse dilated filters were able to segment the densely packed nuclei in the tissue pictures, allowing the model to be generalizable to new unseen tissue images. The model showed promise in its generalizability by performing well on the unseen testing data despite being trained on a small dataset.

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