

MEDICAL BREAKTHROUGHS **RESEARCH SUMMARY**

TOPIC: ABLATION TREATS THYROID NODULES
REPORT: **MB #5140**

BACKGROUND: Thyroid nodules are solid or fluid-filled lumps that form within your thyroid, a small gland located at the base of your neck, just above your breastbone. Most thyroid nodules aren't serious and don't cause symptoms. Only a small percentage of thyroid nodules are cancerous. About 43,800 new cases of thyroid cancer (11,860 in men and 31,940 in women) and about 2,230 deaths from thyroid cancer (1,070 men and 1,160 women). Thyroid cancer is commonly diagnosed at a younger age than most other adult cancers. And women are 3 times more likely to develop thyroid cancer than men.

(Sources: <https://www.mayoclinic.org/diseases-conditions/thyroid-nodules/symptoms-causes/syc-20355262>
<https://www.cancer.org/cancer/thyroid-cancer/about/key-statistics.html>)

DIAGNOSING: When thyroid nodules do produce symptoms, the most common are a lump in the neck and a sense of mass while swallowing (and possibly difficulty swallowing). In addition, larger nodules may cause difficulty breathing, hoarseness, and neck pain. Your doctor can detect a thyroid nodule by examining your neck to feel your thyroid gland. Your doctor can also diagnose thyroid nodules after performing ultrasounds, blood tests, or a biopsy.

(Source: <https://www.endocrineweb.com/conditions/thyroid-nodules>)

NEW TECHNOLOGY: Cleveland Clinic is among the first hospital to announce its use of radiofrequency ablation technology to treat benign thyroid nodules that can cause troublesome symptoms, such as neck pain or pressure, difficulty swallowing or breathing. The procedure involves putting a special needle into the thyroid nodule under ultrasound guidance and running energy to create heat that can treat and shrink the nodule. The procedure can be performed with local anesthesia in a surgical setting. After the procedure, the endocrine team monitors the nodule every three to six months with ultrasound.

(Source: <https://newsroom.clevelandclinic.org/2022/05/12/cleveland-clinic-creates-new-program-for-minimally-invasive-treatment-of-thyroid-nodules/#:~:text=Cleveland%20Clinic%20is%20the%20first.pressure%2C%20difficulty%20swallowing%20or%20breathing>)

FOR MORE INFORMATION ON THIS REPORT, PLEASE CONTACT:

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If this story or any other Ivanhoe story has impacted your life or prompted you or someone you know to seek or change treatments, please let us know by contacting Marjorie Bekaert Thomas at mthomas@ivanhoe.com