

# Management of Thyroid Nodules and Differentiated Thyroid Cancer

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Editors

# Management of Thyroid Nodules and Differentiated Thyroid Cancer

A Practical Guide

 Springer

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# Preface

Thyroid nodules are a common problem in the USA and the world. They are present in nearly 5% of women and 1% of men in the iodine-sufficient areas and have a much higher incidence in iodine-deficient parts of the world. With the growing use of imaging studies, such as ultrasound and computed tomography, it is estimated that more than 70% of the adult population in the USA harbors thyroid abnormalities and nodules. While most nodules are benign, patient and physician anxiety about their presence and possible lack of familiarity with thyroid disorders can lead to either unnecessary interventions or to misdirected and inadequate treatments. Understanding the meaning of detecting such abnormalities is important for alleviating patient anxiety and undertaking the most efficient and effective diagnostic work-up and treatment.

While much has been written about thyroid nodules, we realized that a comprehensive, easy-to-follow, organized approach to understanding thyroid nodules and thyroid cancer was needed. Whether you are a primary care clinician, family practitioner, pediatrician, obstetrician/gynecologist, general endocrinologist, general surgeon, otorhinolaryngologist, nurse practitioner, physician assistant, student, trainee, or fellow, this book is designed to address numerous questions about patients with thyroid nodules and cancer. We have organized the book in specific patient presentation scenarios, ranging from small and occult thyroid nodules detected incidentally to palpable, clinical multinodular goiters, patients with benign nodules, patients with indeterminate nodules, and those with clear malignant diagnoses. It encompasses easy-to-understand diagnostic approaches, including imaging, serologic testing, and fine needle biopsies; it seeks to clarify molecular testing and to describe appropriate surgical treatment, postoperative radioactive iodine administration for differentiated thyroid cancer, and adequate thyroid hormone replacement. It describes special and often anxiety-producing patient situations such as concomitant pregnancy and thyroid nodules and cancer in children. It includes aspects of the disease which are often not discussed, such as patient quality of life after thyroid surgery and common long-term problems, and dedicates a chapter to integrative medical approaches for patients who desire such interventions.

We have brought together experts and thought leaders from the USA in the fields of thyroidology, thyroid surgery, nuclear medicine, pathology, radiology, pediatrics, and integrative medicine and have edited an up-to-date book, which we feel speaks directly to the concerns of our colleagues and our patients.

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