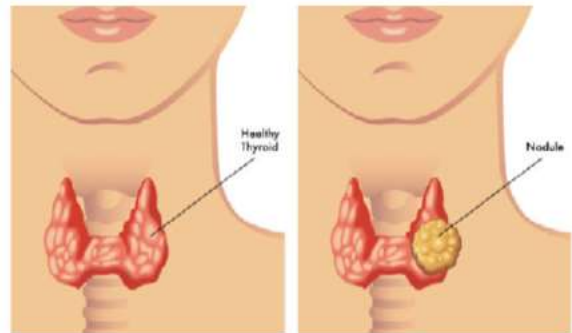




Complete Endocrine Care

What are thyroid nodules?

- Thyroid nodules are lumps that can develop in your thyroid gland which are caused by an overgrowth of normal thyroid tissue.
 - The cause of this overgrowth is largely unknown, although there is a strong genetic basis.
- They are very common as there is an increased risk of thyroid nodules as we age.
- A woman's age minus 10 is roughly what percentage of women have thyroid nodules.
 - E.g: At 40 years old, 30% of women will have thyroid nodules
 - E.g: At 60 years old, 50% of women will have thyroid nodules
- Thyroid nodules are also quite common in men, the frequency is half that of women.
- The majority of nodules (95 – 96%) are benign (non-cancerous) and a small proportion (4 – 5 %) are malignant (cancerous).



Types of Thyroid Cancer & Prognosis

- Prognosis of thyroid cancer is very good, depending on the subtype.
- There are many types of thyroid cancer, but the three most common are:
 - **Papillary thyroid cancer** (about 80% of nodules) – very high survival rate, about 95 – 98% 10 year survival when caught early, in a low stage and maintains lifelong follow-up.
 - **Follicular thyroid cancer** (about 15% of nodules) – favorable survival rate, about 75 – 80% 10 year survival rate when caught early in a low stage

- **Medullary thyroid cancer** (about 3% of nodules) – favorable survival rate, about 75 – 80% 10 year survival rate when caught early in a low stage
- Note: Survival rates are based on maintaining appropriate lifelong follow up as they can recur many years later, even > 20 years. As long as they are caught at an early stage (local regional lymph node recurrence), survival generally remains favorable.