

Thyroid Nodules

Thyroid nodules are lumps in your thyroid gland. You may have one nodule, called a solitary nodule, or you can have several, which is a condition called multinodular goiter. They tend to run in families. Sometimes, nodules produce too much thyroid hormone and cause hyperthyroidism. If you have thyroid nodules, there are a variety of treatment options available, although sometimes close observation without any treatment is preferred.

Although most do not cause symptoms, a nodule may result in pain or discomfort when swallowing, or irritation to the windpipe. Thyroid nodules are common and occur in about 4% of women and 1% of men. Sometimes several nodules will develop in the same thyroid gland.

Nodules can be a simple overgrowth of normal thyroid tissue, fluid-filled cysts, inflammation (thyroiditis), or a tumor (either benign or cancerous). However, most thyroid nodules are benign. Determining by routine physical examination or blood tests whether a thyroid nodule is cancerous or not, usually not possible. A specialist relies heavily on 2 specialized test to determine if nodules should be treated surgically:

- [Fine Needle Thyroid Biopsy](#)
- [Thyroid Ultrasonography](#)

Fine needle thyroid biopsy is the most accurate test to define whether or a nodule is cancerous or benign. Fine needle biopsies are done as an office procedure and do not require any special preparation or recovery. With the knowledge gained from a biopsy, Dr. Scoma can determine if any further medical or surgical treatment is necessary. If surgery is needed, then it can be planned precisely rather than having to wait until the findings at operation are known. Dr. Scoma has been performing Fine needle biopsies as a service to his patients since 1985 He continuously takes courses to update his knowledge and technique.

If cancer is suspected, surgical intervention will be recommended. Because most thyroid nodules are benign, levothyroxine may be used to suppress cold nodules, radioiodine may be used to treat hot nodules, and no treatment may be recommended in most patients. The primary goal is to remove all thyroid nodules that are cancerous while avoiding an unnecessary surgical procedure. If surgery is not recommended, it is important to have regular follow-ups.