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TREATMENT OPTIONS FOR A SINGLE COLD THYROID NODULE: A SINGLE CENTER STUDY

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Abstract

Background: A thyroid nodule that does not absorb radioactive iodine during a thyroid scan is called a single cold or cold thyroid nodule. Even though the majority of thyroid nodules are benign, the existence of a chilly nodule should raise suspicions since it might point to a greater risk of cancer. In this post, we will examine in-depth the many medical and surgical approaches that may be used to treat a single cold thyroid nodule.

Objectives: By examining 150 patients with isolated cold thyroid nodules, we aimed to determine the range of diseases linked to this condition, analyze demographic trends, and appraise the effectiveness of surgical therapies.

Study design: A single-center study

Duration and palace of study: District Headquarter Hospital Mishti Mela, District Orakzai, KPK, Pakistan From October 1, 2021 till to 1st, October 2023

Methods: A single cold thyroid nodule requires both surgical and medicinal treatment. Radioactive iodine treatment and hormone suppression are available medical therapies. It may be essential to perform surgical procedures, such as a thyroid lobectomy or complete thyroidectomy. However, there are less invasive alternatives. Consistent observation guarantees the efficacy of selected techniques. For the best results, the decision-making process is guided by patient-specific considerations.

Results: We learned important information about the clinical and demographic features of a single cold thyroid nodule from our extensive research, which included 150 individuals. The cohort's gender distribution was noteworthy, with 90% of participants being female, highlighting a greater frequency in this population. The patients' ages ranged from 15 to 65, with a mean age of 35 ± 10 years, indicating that the illness affects people of all ages. Of the individuals with detected thyroid abnormalities, 64% of patients had difficulties in the right lobe and just 2% in the isthmus. This indicates that the nodules inside the thyroid gland are distributed asymmetrically. All 150 patients had surgical intervention as part of their therapy, and after surgery, they were all in a euthyroid condition. Important diagnostic data were obtained by fine-needle aspiration cytology (FNAC), which showed papillary carcinoma in 5% of patients and adenomatous colloid goiter in 50% of cases,

highlighting the variety of diseases linked to solitary cold thyroid nodules. Surgical techniques were customized to each patient's unique features, with lobectomy plus isthmusectomy being the majority technique and 95% of treatments. Five percent of the individuals required a total thyroidectomy due to the nodule's unusual appearance. After surgery, histopathology studies revealed a range of results: 45% of patients had adenomatous colloid goiter, 9% had follicular thyroid cancer, and 3% had follicle-based thyroid cancer. In 7% of patients, total thyroid ectomy was necessary, highlighting the need for customized treatment plans. Surgical site infections occurred in 5% of patients after surgery, emphasizing the need for careful postoperative care. Furthermore, 3% of patients had transient Hypocalcemia, a common side effect of thyroid surgery. The fact that there were no cases of sudden death is encouraging and shows the safety of the surgical procedures carried out.

Conclusion: Our analysis of 150 individuals with isolated cold thyroid nodules shows that women are more likely to have them, that the pathologies are more varied, and that specific surgical treatments may lead to good results. The results highlight the significance of customized treatment plans in achieving the best possible results for individuals suffering from this thyroid issue.

Keywords: Methods, Addressing, Frozen Thyroid, Bulge

INTRODUCTION

Sheathing the upper aerodigestive tract, thyroid tissue weighs between 20 and 27 grams and is rich in lymphatic and arterial networks. Solitary thyroid nodules are detected clinically in 4-9% of cases, although they may also be seen on ultrasonography in up to 70% of cases. This seldom happens in children (01%) but is more common in women (05% vs. 01%).2. There's a global increase in the incidence of thyroid cancer. 3. Seventy-five percent of thyroid gland nodules are cold; just five percent are warm or functioning. 4. There are two types of thyroid nodules: benign (smooth, soft, and movable) and malignant (complex, irregular, fixed, rapid development, and linked to voice hoarseness). Because ultrasonography is low-risk and very sensitive, it is the preferred technique for examining a single thyroid lesion5. It is not recommended to use CT and MRI as the first diagnostic methods for assessing a solitary thyroid nodule. Thyroid-stimulating hormone (TSH) levels and medical exams of the thyroid6 may be utilized as diagnostic tools to distinguish benign from cancerous nodules. Fine-needle aspiration cytology (FNAC) is a straightforward, economical, and non-invasive method for assessing a single, noncancerous thyroid nodule. Solitary cold nodules in the thyroid gland may sometimes be lymphomas or anaplastic or medullary carcinomas, but more often, they are malignant papillary or follicular carcinomas7. Multidisciplinary treatment options are informed by clinical, biochemical, radiological, and cytological findings2,4. Patients with malignant solitary cold nodules who get total thyroidectomy had a 10% reduction in the probability of a local recurrence, compared with patients with high-risk solitary cold nodules who receive lobectomy + isthmusectomy. Following a total thyroidectomy, radioactive iodine treatment may be beneficial for patients who have metastasized from follicular or papillary carcinomas or who are at high risk of doing so. Modern minimally invasive techniques such as radiofrequency ablation, laser, microwave, and percutaneous ethanol injection11 treat a single, noncancerous lesion in the thyroid gland in its early stages9.

METHODOLOGY

A cohort of 150 patients with solitary cold thyroid nodules participated in the trial from October 1, 2021, to October 1, 2023, at the District Headquarters Hospital Mishti Mela, District Orakzai, KPK, Pakistan. The study sought to evaluate the efficacy of different treatment techniques, investigate demographic trends, and thoroughly explore the spectrum of disorders linked to this condition. The use of a single-center architecture ensured uniformity in the gathering and examination of data. The techniques used were comprehensive clinical evaluations, thyroid scans, diagnostic fine-needle aspiration cytology (FNAC), and surgical procedures customized for each patient. The study's conclusions provide the medical community with crucial new information on isolated cold thyroid nodules' clinical, demographic, and therapeutic features.

Data collection

Between October 1, 2021, and October 1, 2023, 150 patients at the District Headquarter Hospital in Mishti Mela, Pakistan, provided data for the research on solitary cold thyroid nodules. For thorough data collection and analysis, the study used a single-center design and included clinical assessments, thyroid scans, fine-needle aspiration cytology, and customized surgical techniques.

Statically analysis

The study, which included 150 patients with solitary cold thyroid nodules, was statistically analyzed, and the results showed that the age range (15–65 years), gender distribution (90% female), and pathology findings were all different. Surgical procedures, of which 95% included lobectomies combined with isthmuses, showed the effectiveness of customized treatment regimens in assuring postoperative safety and tolerable sequelae.

RESULTS

The study, which included 150 people with isolated cold thyroid nodules, found that 90% of the participants were female and ranged in age from 15 to 65. There was an uneven distribution of thyroid abnormalities, with 2% in the isthmus and 64% in the right lobe. Many diseases were detected by fine-needle aspiration cytology (FNAC), with adenomatous colloid goiter (50%) and papillary carcinoma (5%) being the most common. Surgical intervention was performed on all patients, with lobectomy combined with isthmusectomy accounting for 95% of cases. Histopathology studies after surgery revealed various results, highlighting the need for individualized treatment regimens. Infections at the surgical site harmed 5% of patients, transitory Hypocalcemia affected 3%, and there were no cases of unexpected deaths.

Table 1: Essential Demographic Variable Ratio

Demographic Variable	Ratio
Gender (Female/Male)	9:1
Age Range	15-65
Right Lobe Abnormalities	64%
Isthmus Abnormalities	2%

Table 2: Results of the FNAC and histopathology

Pathological Findings	Percentage
Adenomatous Colloid Goiter	50%
Follicular Thyroid Cancer	9%
Follicle-Based Thyroid Cancer	3%
Papillary Carcinoma	5%

Table 3: Results of histopathology percentage-wise

Pathological Findings	Percentage
Papillary Carcinoma	5%
Adenomatous Colloid Goiter	50%
Follicular Thyroid Cancer	9%
Follicle-Based Thyroid Cancer	3%
Surgical Techniques	
Lobectomy + Isthmusectomy	95%
Total Thyroidectomy	5%
Post-Surgery Complications	
Surgical Site Infections	5%
Transient Hypocalcemia	3%
Sudden Death (None)	0%

Table 4: Postoperative Complications And Treatment Issues

Postoperative Complications	Treatment Issues
Surgical Site Infections (5%)	Intensive Antibiotic Therapy, Wound Care, Monitoring
Transient Hypocalcemia (3%)	Calcium Supplementation, Monitoring for Resolution

DISCUSSION

The study on isolated cold thyroid nodules is discussed, including essential conclusions, ramifications, and possible directions for further investigation10. The gender ratio of 9 to 1 indicates that this thyroid ailment is far more common in women, which emphasizes the need to take gender into account while diagnosing and treating this problem. The wide age range of those afflicted (15–65 years old) highlights how the illness affects people at different phases of life, making a thorough and customized treatment plan necessary11,12,13. Nodule location inside the thyroid gland is further complicated by the uneven distribution of thyroid anomalies, with the bulk occurring in the right lobe. The multifaceted character of isolated cold thyroid nodules is shown by the varied pathology findings, which include papillary carcinoma, adenomatous colloid goiter, and several types of thyroid cancer. This variety highlights the need for accurate diagnostic instruments, like FNAC, to customize treatment plans14 properly. The effectiveness of individualized treatment strategies is shown by the success of surgical procedures, especially the widely used combination of lobectomy with isthmusectomy (95%). However, the unusual appearance of the nodule necessitates a complete thyroidectomy in 5% of instances, underscoring the need for surgical approach flexibility15. With focused therapy, postoperative problems such as surgical site infections and temporary Hypocalcemia were successfully controlled. The lack of unexpected fatalities confirms the surgeries' safety, giving patients and healthcare professionals peace of mind16.

This talk clarifies the complicated terrain of solitary cold thyroid nodules and highlights the need for individualized treatment regimens depending on patient characteristics. The study's conclusions provide the medical community with insightful information that will direct future investigations and advance knowledge of this thyroid issue in general. Investing more time in examining long-term results and how specific therapies affect the quality of life will be crucial to improving treatment strategies for those with isolated cold thyroid nodules17.

Conclusion

The study on isolated cold thyroid nodules concludes by emphasizing the value of individualized treatment regimens, surgical adaptability, and postoperative care. The results provide insightful information on the condition's clinical and demographic characteristics, directing future study toward better treatment and a higher standard of living for those who are impacted.

Future Finding

Subsequent studies must delve into the quality of life and long-term consequences of those suffering from solitary cold thyroid nodules. Refining therapy techniques and improving the overall care of this thyroid ailment will need an understanding of the effects of certain medications and the discovery of new diagnostic tools.

Authors Contribution

Concept & Design of Study: **Fazal Rabi**
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