

7. CONTEMPORARY MANAGEMENT OF THYROID NODULES



Author: Bejenari Dmitrii

Scientific advisor: Iliadi Alexandru, MD, PhD, Associate Professor, Surgery Department No.1 ,
Nicolae Testemitanu State University of Medicine and Pharmacy, Chisinau, Republic of
Moldova

Introduction. Thyroid nodules are becoming more common every year. In 90-95% of cases they are benign formations.

Aim of study. The clinical picture of patients with a thyroid nodule can be completely different, being asymptomatic in 80% of cases, which makes it extremely difficult to identify malignancy in the early stages. The frequency of detecting thyroid nodules in preventive ultrasound investigations ranges from 11.5% to 50.5%, necessitating the development of new tactical approaches in their diagnosis and treatment.

Methods and materials. "Management of Thyroid Nodules and Differentiated Thyroid Cancer 2018" Sanziana A. Roman, Julie Ann Sosa. И.В. Слепцов. "Узлы щитовидной железы. Современные принципы диагностики и лечения".2017 г. .Flore Varcus " Nodulul tiroidian , etiopatogenie, diagnostic, tratament" 2008;

Results. Firstly, blood tests are performed to assess hormone levels, indicating the thyroid gland's function and feedback with the hypothalamic-pituitary system. At the same time, an increase in antibody titers occurs in less than 15% of the global population and does not always indicate the presence of an autoimmune process. However, in comprehensive investigations, it is essential for the diagnosis of autoimmune thyroiditis. In some cases of nodules, blood analysis for calcitonin levels is conducted, as an increase in this hormone may indicate the presence of medullary carcinoma in the patient. Ultrasound is the first investigation of a thyroid nodule. This method can indirectly indicate the malignancy of the process through TI-RADS classification. Scintigraphy is an important investigation for assessing the functionality and localization of the nodule, particularly significant in cases of ectopic nodular locations. For all nodules with suspected malignancy, Fine Needle Aspiration Biopsy is indicated, which has the highest specificity of 93.5% and a sensitivity of 74.2%. CT and MRI allow identifying the structure, consistency, invasion into adjacent organs and metastases in cases of cancer.

Conclusion. Due to the introduction of contemporary investigative methods, the treatment strategy has changed significantly within the last 20 years. The number of surgeries has decreased because of the introduction of new technologies for monitoring and controlling this pathology.