

## Thyroid Disease

### Thyroid Nodule Evaluation

Thyroid nodule <1cm, repeat in 1 yr. Consider fine needle aspiration (FNA) if nodule demonstrates listed characteristics of concern.

#### Thyroid Nodule (TN) Evaluation

1. Rule of FIVE: 5% of your overall patient population will have palpable TNs. 5% of all palpable TNs are malignant.
2. Rule of ACTIVITY: All nodules (extremely rare exceptions) that are hyperactive are benign.
3. RISK FACTORS for malignancy:
  - A palpable nodule
  - Age <20 or >60
  - M > F
  - History of radiation exposure
  - Familial history of thyroid cancer
  - Progressive growth on oral T-4

Ultrasound characteristics that cause concern with thyroid nodules:

1. Microcalcifications
2. Hypochoogenicity
3. Intranodule vascularity
4. Irregular nodule margins
5. Nodule >10mm

#### NOTES:

- Evaluate further if patient has normal or elevated TSH.
- All palpable nodules should be evaluated.
- Nodule <1cm with abnormal ultrasound features and multinodular goiters, consider endocrine evaluation.

