

# Thyroid cancer arises in 5% of patients referred from primary care to a high-resolution thyroid clinic

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## Background and Objectives

- The finding of a thyroid nodule is a very common occurrence in clinical practice.
- Although most of thyroid nodules are benign, thyroid cancer occurs in 5–15% of thyroid nodules, depending on age, sex, radiation exposure history, family history, and other factors.
- A high-resolution thyroid nodule clinic may ease the management of thyroid nodules and improve thyroid cancer detection.
- In this study we aimed to evaluate the prevalence of thyroid cancer in patients with suspected thyroid nodule referred from primary care to a high-resolution thyroid clinic.

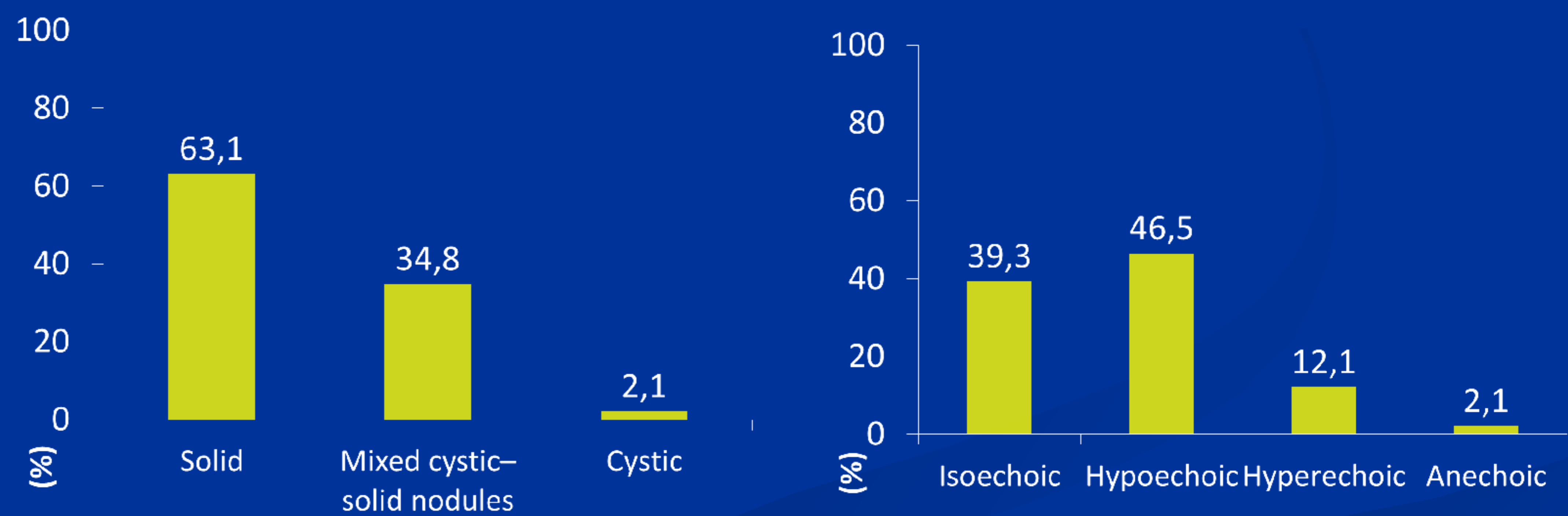
## Material and methods

- Retrospective cohort study which included patients with suspected thyroid nodule referred from primary care to a high-resolution thyroid nodule clinic.
- Demographic and clinical characteristics were collected, all patients underwent thyroid ultrasound and subsequently, a fine needle aspiration (FNA) was performed if thyroid nodules were >1cm of diameter or if there was evidence of risk factors for thyroid carcinoma (in accordance with American Thyroid Association guidelines).

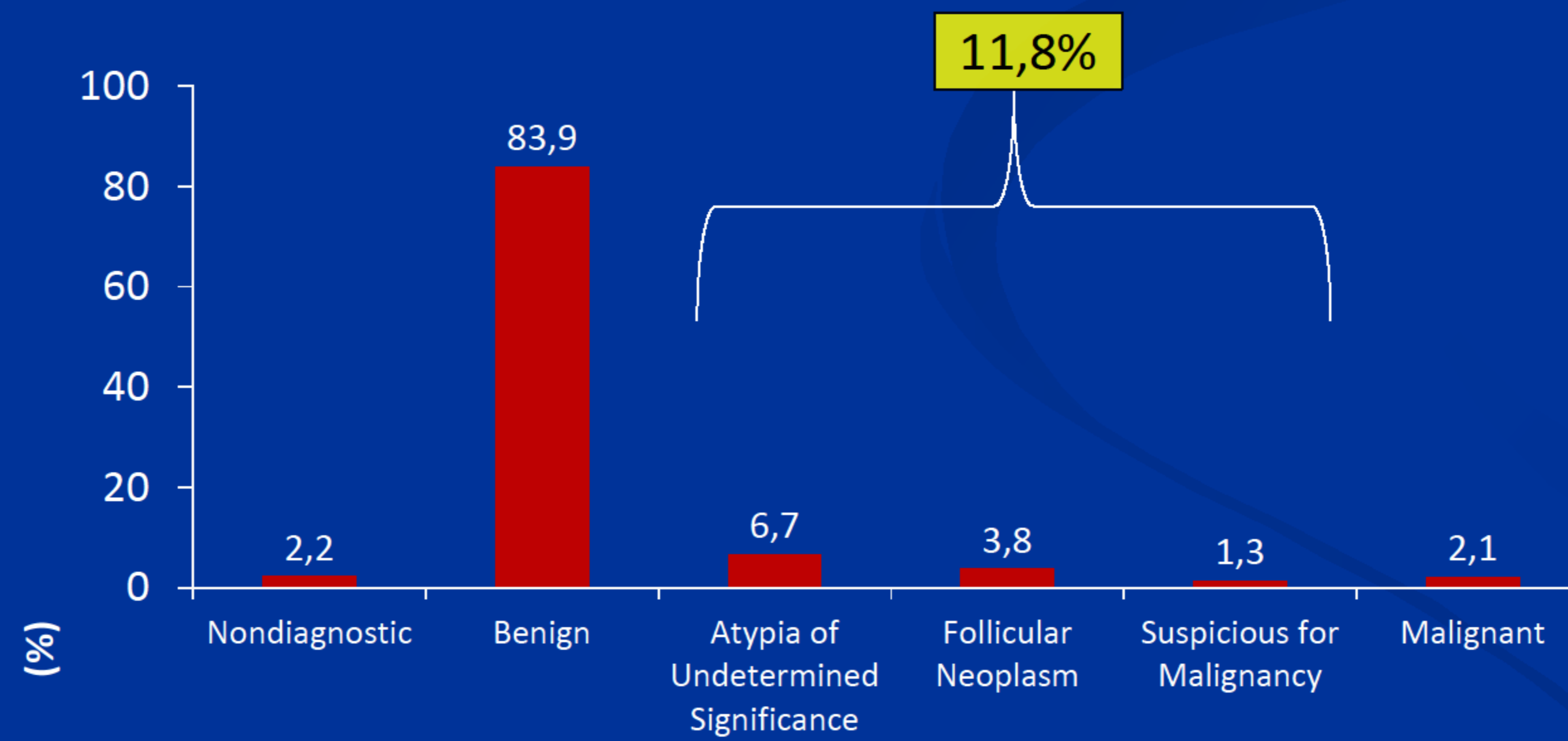
## Baseline characteristics

	n- 785
Age (years)	50.1 ± 8.3
Females (%)	84.9
Thyroid function (%)	
- Hypothyroidism	17,2
- Euthyroidism	81,1
- Hyperthyroidism	1,7
Mean nodule diameter (cm)	2 ± 1,15

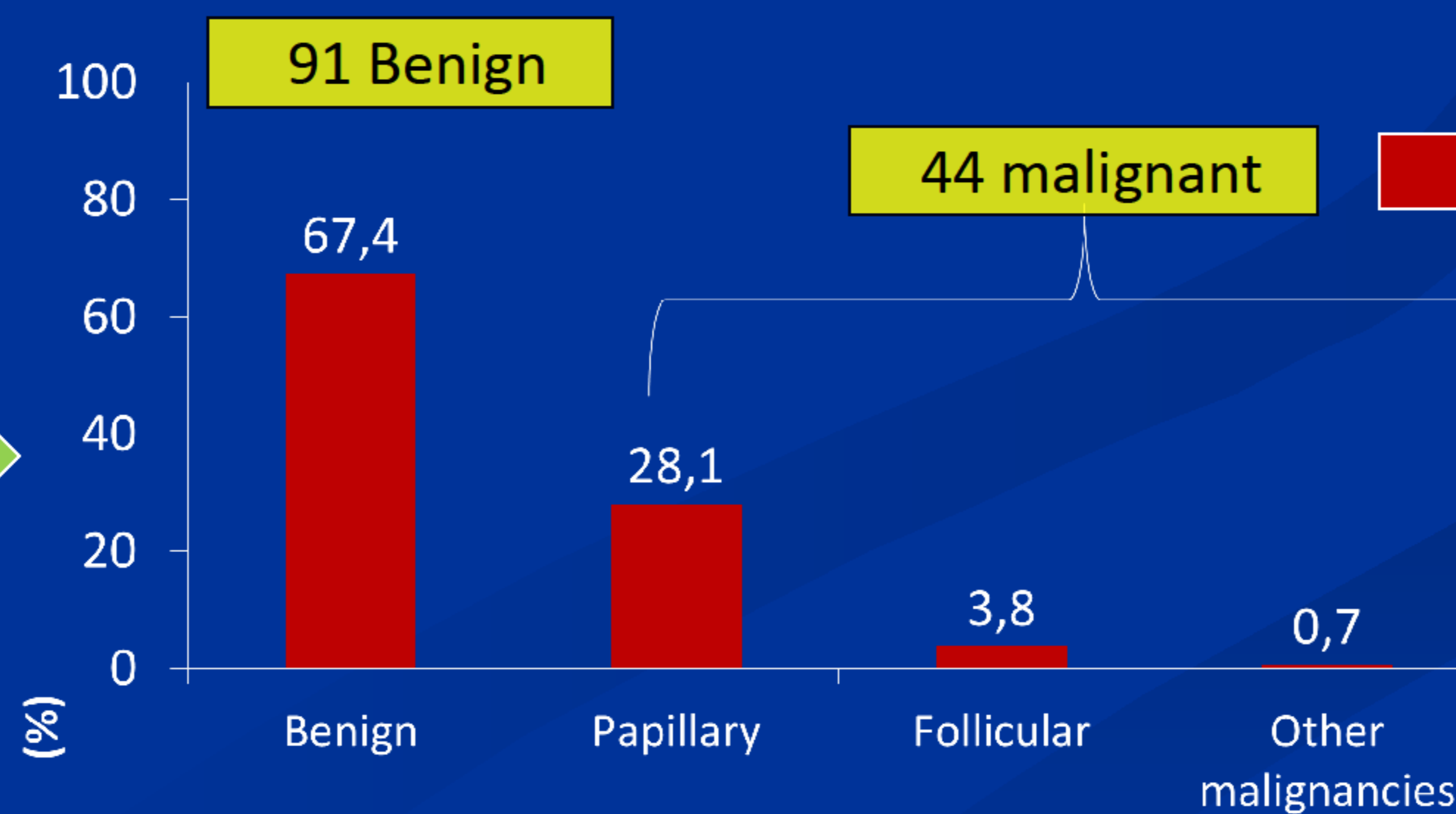
## Nodules characteristics



585 FNAs (74,5% out of all nodules) were performed



135 nodules (23,2%) were referred to surgery (mainly because of nodule size or suspected malignancy)



5,6% malignancy in whole nodule cohort

## Conclusion

- The prevalence of thyroid cancer in this cohort of patients from primary care is 5.6%.
- Thus, approximately 1 out of 20 thyroid nodules referred from primary care to a high-resolution thyroid clinic is proven to be malignant.