Efficacy and Safety of Radiofrequency Ablation Performed by an Endocrinologist for Large Benign Thyroid Nodules

Tae Hyun Kim,1 Se-Mi Kim,2 Ah-Lon Jung,2 Seung Ki Moon,2 Dong Hoon Yang,2 Cheol Min Park,2 Shin Hyoung Jo,2 Dae Won Park,2 Seok Ho Seo,2 Seung Hyun Lee,2 Jong Taek Kim,2 Soonho Kim1

1Department of Endocrinology, Kwangju Christian Hospital, Gwangju, South Korea
2Department of Internal Medicine, Kwangju Christian Hospital, Gwangju, South Korea

Introduction & Objectives

Radiofrequency ablation has recently been used for the treatment of benign thyroid nodules, with outstanding results. However, in most related studies, smaller nodules (<2 cm) were included and the procedure was usually performed by a radiologist or surgeon. Therefore, this study evaluated the efficacy and safety of radiofrequency ablation for nodules >2 cm performed by an endocrinologist with several years of experience performing fine-needle aspiration cytology.

Methods

This study was a cross-sectional analysis of 111 patients who received radiofrequency ablation between April 2010 and July 2013; 73 patients with 75 nodules >2 cm in diameter with at least 6 months of follow-up examinations were included.

Results

The mean follow-up period was 11.5 months. The mean nodule volume decreased from 17.0 ± 15.3 mL preoperatively to 6.0 ± 8.5 mL postoperatively, with a mean volume reduction of 69.7%. There were no major complications, and only 1 patient (1.3%) presented with a minor complication (hemorrhaging of the thyroid parenchyma).

Conclusions

Radiofrequency ablation is a safe method for reducing the size of large benign thyroid nodules and is not associated with any major complications.

References: