

A Clinical Study of Thyroid Disorders and its Surgical Management in a Teaching Hospital

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Abstract

Background: Diseases of thyroid are manifested either qualitative and quantitative alterations in hormone secretion or enlargement of the thyroid (goiter) or both. The present study aimed to study tried to evaluate the thyroid disorders and their surgical management.

Methods: This is a randomized prospective clinical study of thyroid diseases in patients who consulted General Surgery OPD in Prathima Institute of Medical Sciences, Naganoor, Karimnagar. The serum sample of all the individual with suspicion of thyroid dysfunction were obtained in vacutainer 5ml and serum Total T4, Total T3, Free T4, Free T3, and TSH were estimated using Abbott ARCHITECT i1000SR (Abbott Laboratories, Diagnostics Division, Abbott Park, IL, USA) analyzer based on a Chemiluminescent Microparticle Immunoassay (CMIA) for the quantitative determination of thyroid hormone profile. The CBP along with BT and CT was done. USG analysis of the thyroid gland was obtained. **Results:** The highest incidence was seen in the age group of 21-30 n=16(32%) in the present study out of total n=50 patients n=48 were females while the male was n=2 and the female: male ratio was 25:1. Fine needle aspiration cytology (FNAC) was done in all cases. N=25 cases (50%) were reported as nodular colloid goitre, n=3(6%) cases as Hashimoto's thyroiditis and lymphocytic thyroiditis in n=4(8%) cases n=4(8%) follicular neoplasm in n=13 cases (26%) n=4(8%) cases reported as papillary carcinoma n=4(8%) adenoma was reported in n=1(2%). In toxic cases, the toxicity was controlled with carbimazole 10 mg, 3-4 times daily for a period ranging from 4-12 weeks and Propranolol 40 mg, 3 times daily along with carbimazole. **Conclusion:**