

THYROID DISORDERS

Hussam AlHawari, MD, FACE, ECNU

Consultant Endocrinologist

Assistant Professor of Medicine

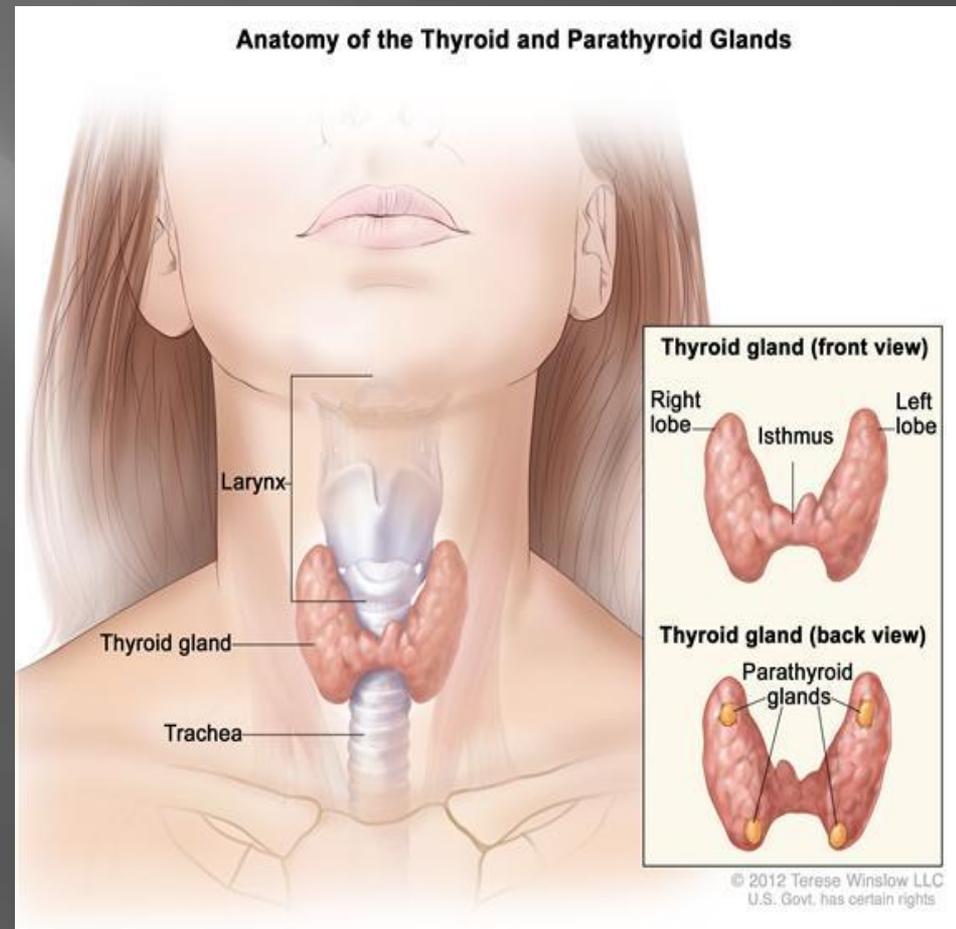
Department of Internal Medicine

School of Medicine

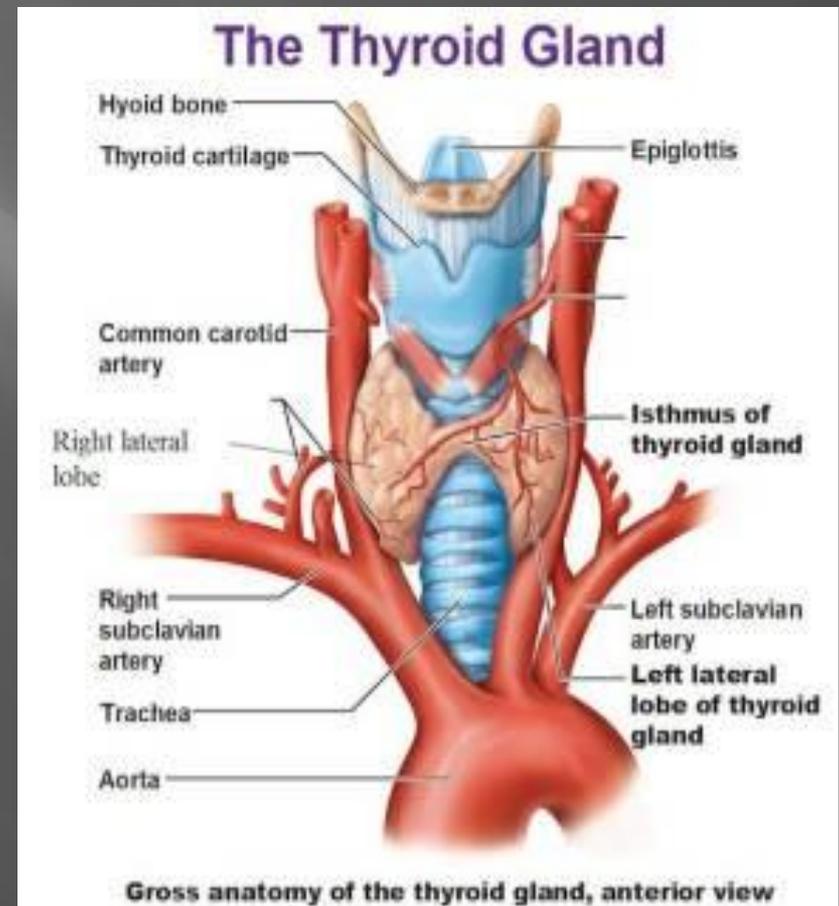
University of Jordan

Introduction

- ▣ The thyroid is one of the largest of the endocrine organs, weighing approximately 15 to 20 g.
- ▣ It has a tremendous potential for growth → termed a *goiter*, can weigh many hundreds of grams.



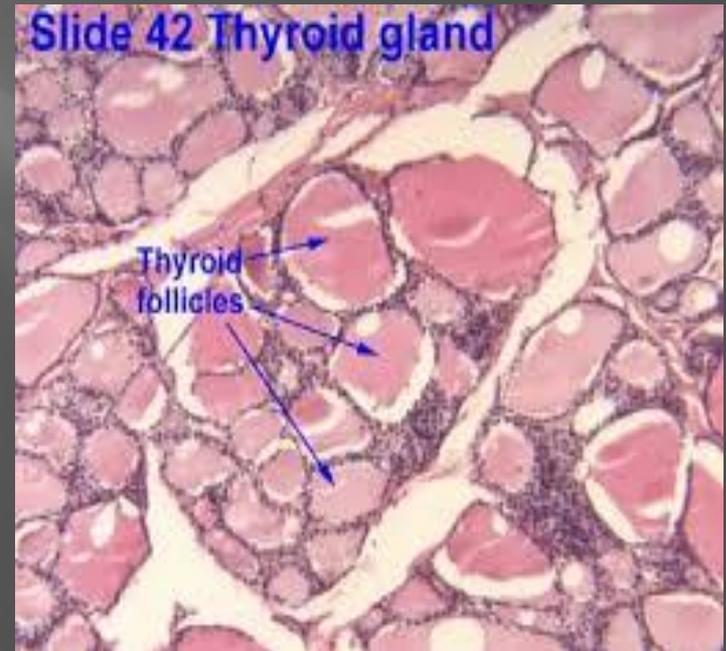
- The normal thyroid is made up of two lobes joined by a thin band of tissue, the isthmus.
- Two pairs of vessels constitute the major arterial blood supply, the superior thyroid artery, arising from the external carotid artery, and the inferior thyroid artery, arising from the subclavian artery.



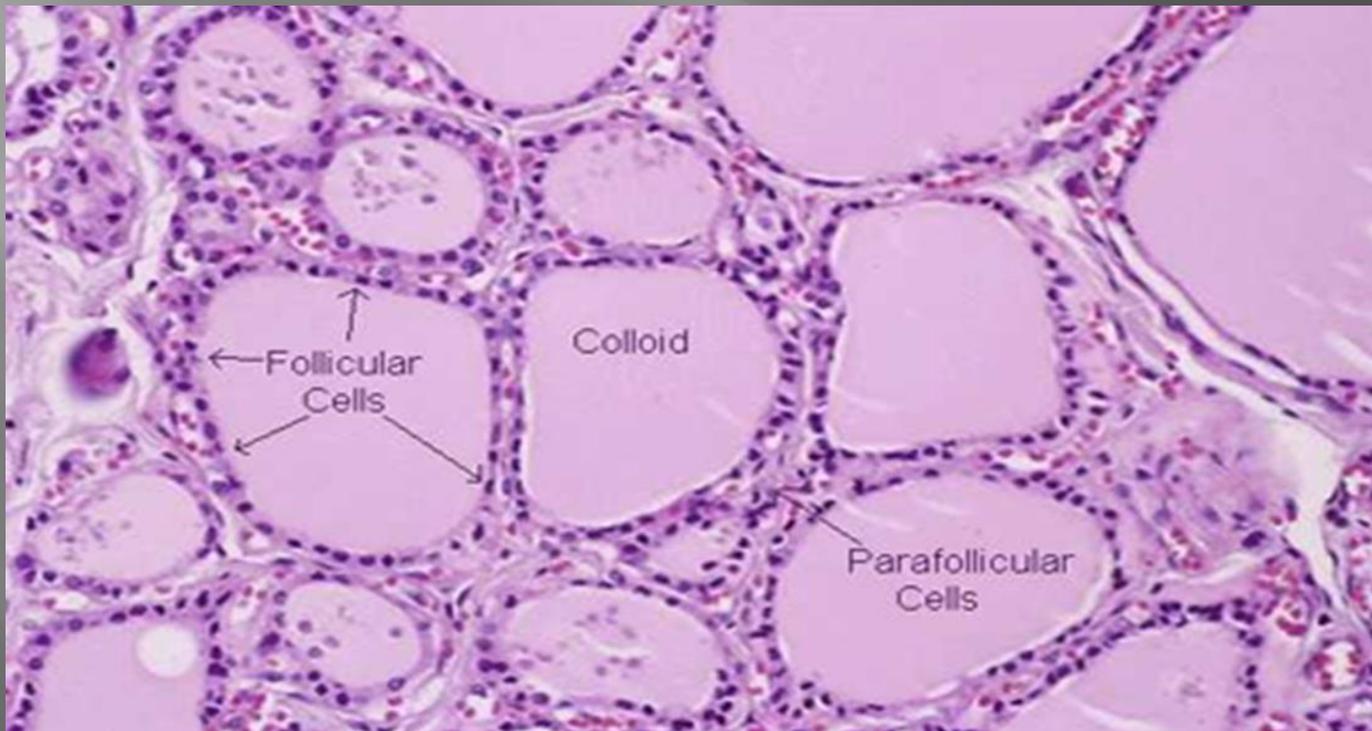
- ▣ Estimates of thyroid blood flow range from 4 to 6 mL/min/g, well in excess of the blood flow to the kidney (3 mL/min/g). In diffuse toxic goiter due to Graves' disease, blood flow may exceed 1 L/min and be associated with an audible bruit or even a palpable thrill.

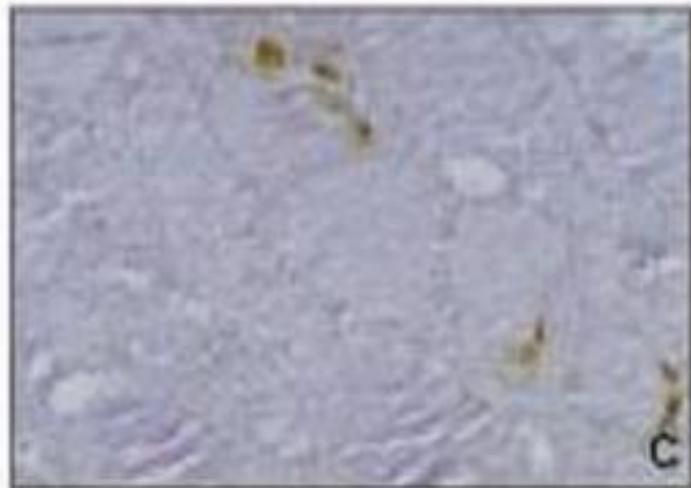


- ▣ The gland is composed of closely packed spherical units termed *follicles*, which are invested with a rich capillary network. The interior of the follicle is filled with the clear proteinaceous colloid that normally is the major constituent of the total thyroid mass.
- ▣ On cross section, thyroid tissue appears as closely packed ring-shaped structures consisting of a single layer of thyroid cells surrounding a lumen.



- ▣ The thyroid also contains para-follicular cells, or C cells, that are the source of calcitonin.
- ▣ The C cells undergo hyperplasia early in the syndrome of familial medullary carcinoma of the thyroid (MEN2) and give rise to this tumor in both its familial and its sporadic forms





Medscape ®

<http://www.medscape.com>

(A) Normal thyroid gland. (B) Normal thyroid follicles. (C) Parafollicular cells. Calcitonin immunostain.

Laboratory/Radiologic assessment of thyroid Status

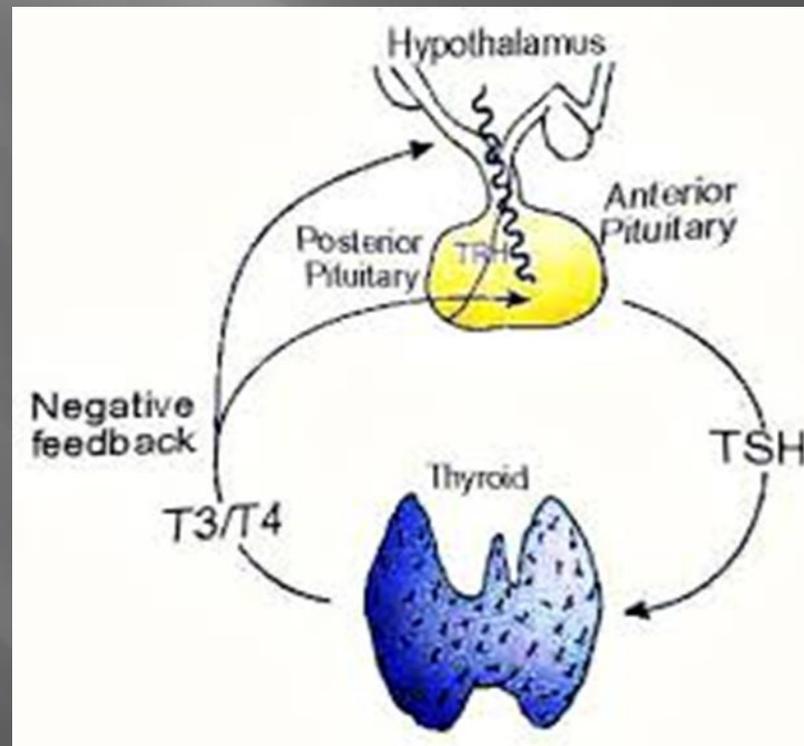
- Goal is to assess the functional and anatomic status.
- Laboratory determinations will confirm whether there is an excess, normal, or insufficient supply of thyroid hormone to verify the inferences from the clinical history and physical examination.



▣ Laboratory/radiologic tests can be divided into four major categories:

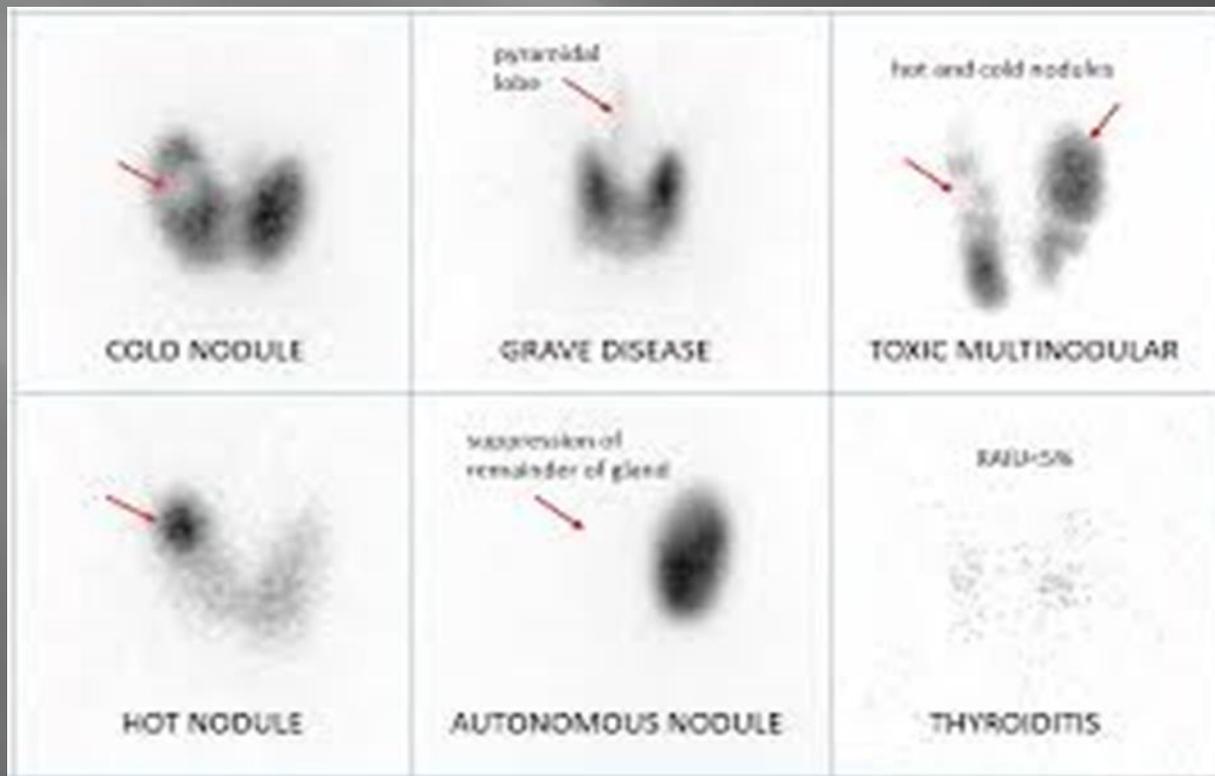
(1) Those that assess the state of the hypothalamic-pituitary-thyroid axis.

(2) Tests that reflect the impact of thyroid hormone on tissues.



(3) Tests for the presence of autoimmune thyroid disease.

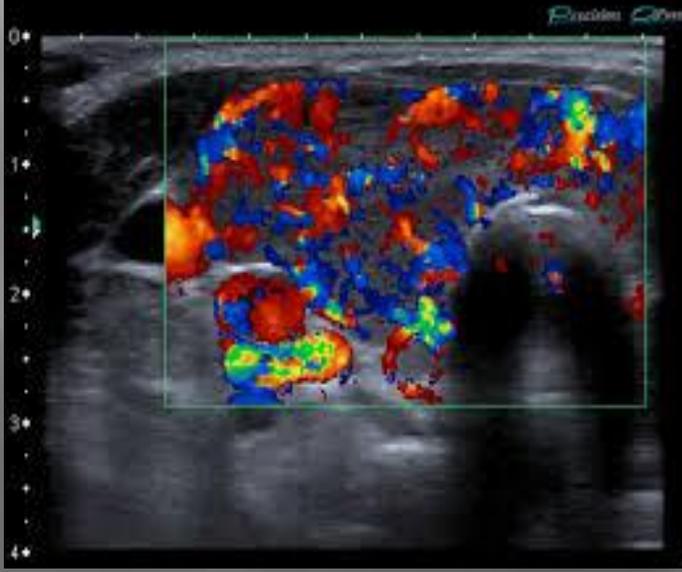
(4) Tests that provide information about thyroidal iodine metabolism. The use of iodine and other isotopes for scintiscanning.



Physiologic state	Serum TSH	Serum Free T4	Serum T3	24-h radioiodine uptake
Hyperthyroidism, untreated	Low	High	High	High
Hyperthyroidism, T3 toxicosis	Low	Normal	High	Normal or High
Primary Hypothyroidism, untreated	High	Low	Low or Normal	Low or Normal
Hypothyroidism secondary to pituitary disease	Low or Normal	Low	Low or Normal	Low or Normal
Euthyroid, on exogenous thyroid hormone	Normal	Normal on T4, Low on T3	High on T3, Normal on T4	Low

THYROTOXICOSIS





Thygesen P, Olesen M, Kjaergaard H, Borch-Johnsen K, Nordestgaard B, Nordestgaard LG, Jensen J, Nordestgaard J. Prevalence of Aortic Aneurysm, Aortic Stenosis, and Aortic Regurgitation in the Atherosclerosis Risk in Communities Study. *Circulation*. 2014;129:1001-1009. doi:10.1161/01.CIR.0000441104.62104.1f

Causes of Thyrotoxicosis

- ▣ **Disorders with increased Iodine uptake:**
 1. Graves' disease
 2. Toxic MNG/adenoma
 3. Inherited non-immune hyperthyroidism
 4. Hyperthyroidism due to thyrotropin secretion (TSH-oma).
 5. HCG-induced hyperthyroidism – Associated with pregnancy or Trophoblastic Tumors

DO NOT DO THYROID UPTAKE AND SCAN DURING PREGNANCY.



© 2011 Healthline Media, Inc. All rights reserved. Healthline Media, Inc. is a registered trademark of Healthline Media, Inc. Healthline Media, Inc. is a registered trademark of Healthline Media, Inc. Healthline Media, Inc. is a registered trademark of Healthline Media, Inc.

▣ Disorders with decreased Iodine uptake:

1. Sub-acute thyroiditis.
2. Iatrogenic thyrotoxicosis
3. Strauma ovarii
4. Metastatic thyroid carcinoma



COLD NODULE

pyramidal
lobe



GRAVE DISEASE

hot and cold nodules



TOXIC MULTINODULAR



HOT NODULE

suppression of
remainder of gland



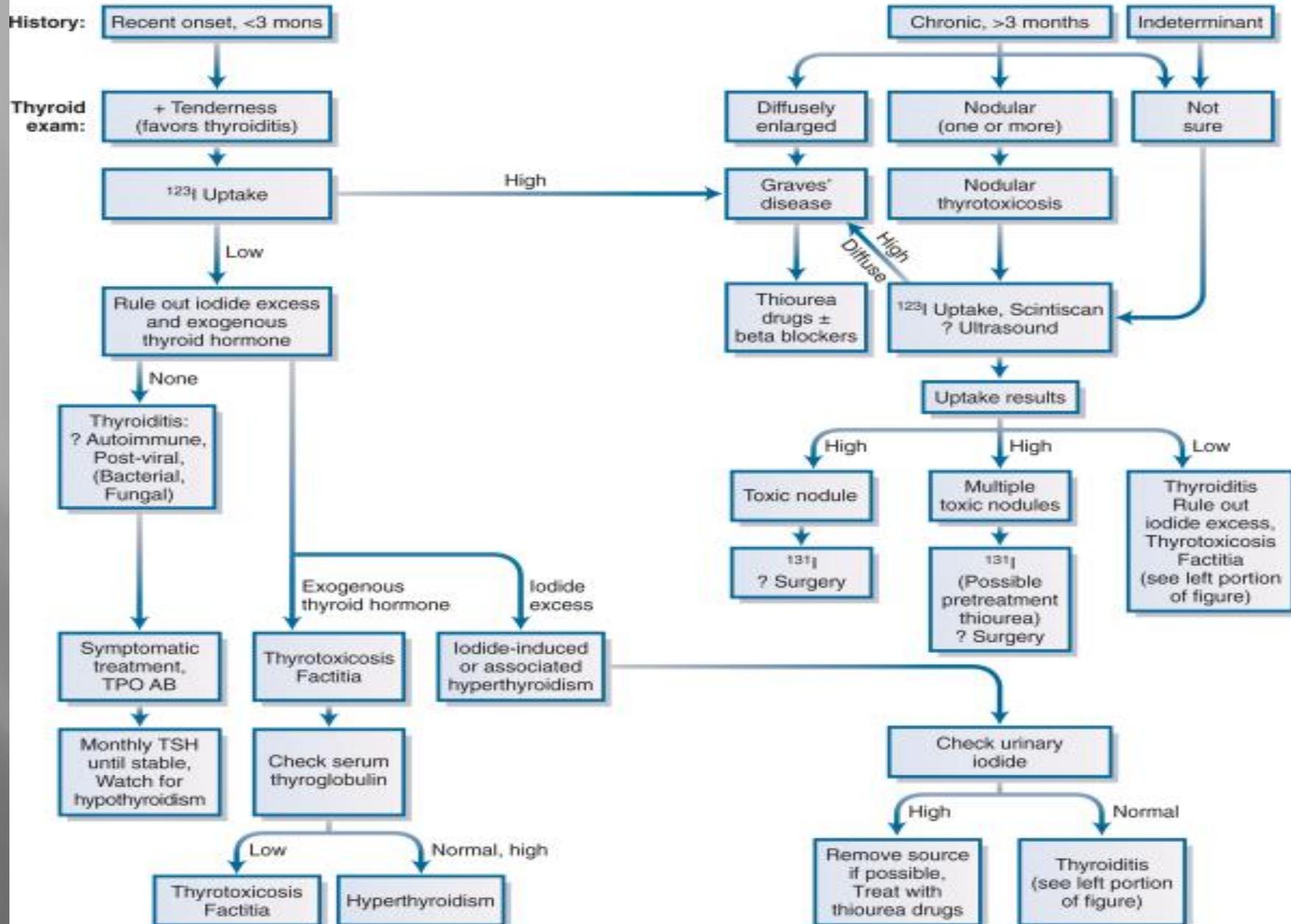
AUTONOMOUS NODULE

RAIU=5%



THYROIDITIS

**Patient with symptoms and signs suggesting thyrotoxicosis, no amiodarone;
serum TSH <0.2 mU/L, free T₄ or T₃ elevated**

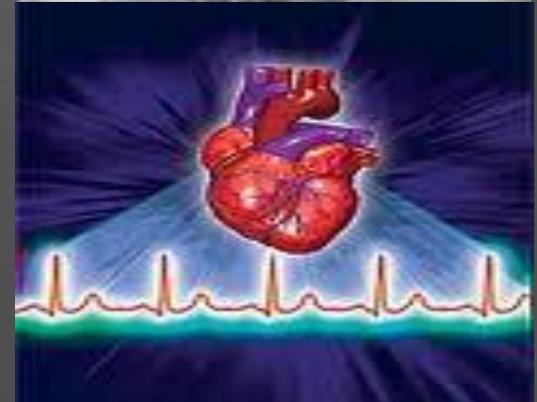


Treatment?

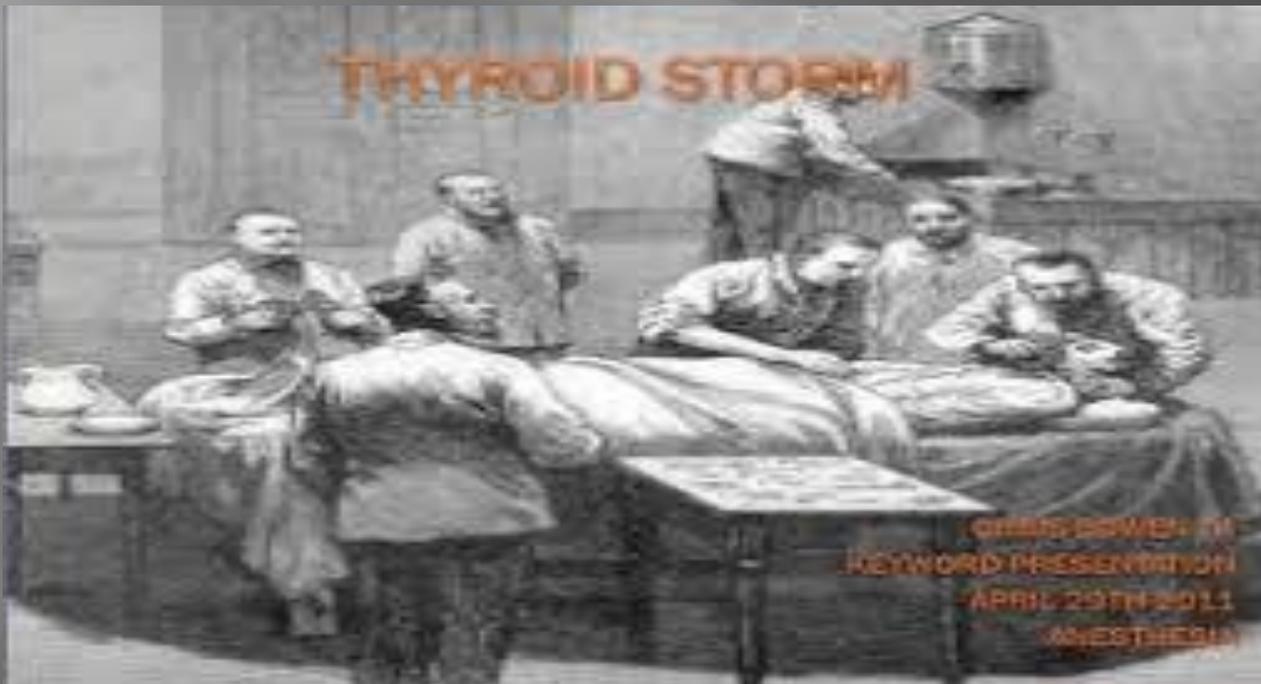
- ▣ **In cases of Graves' disease, toxic MNG or adenoma:**
 1. Anti-thyroid medications, i.e carbimazole
 2. I131 treatment
 3. Surgery
 4. Temporary beta blockers for symptoms control.
- ▣ **In cases of subacute thyroiditis** → Temporary beta blockers, NSAID's and/or steroids for symptoms control.

THYROID STORM/THYROID CRISES

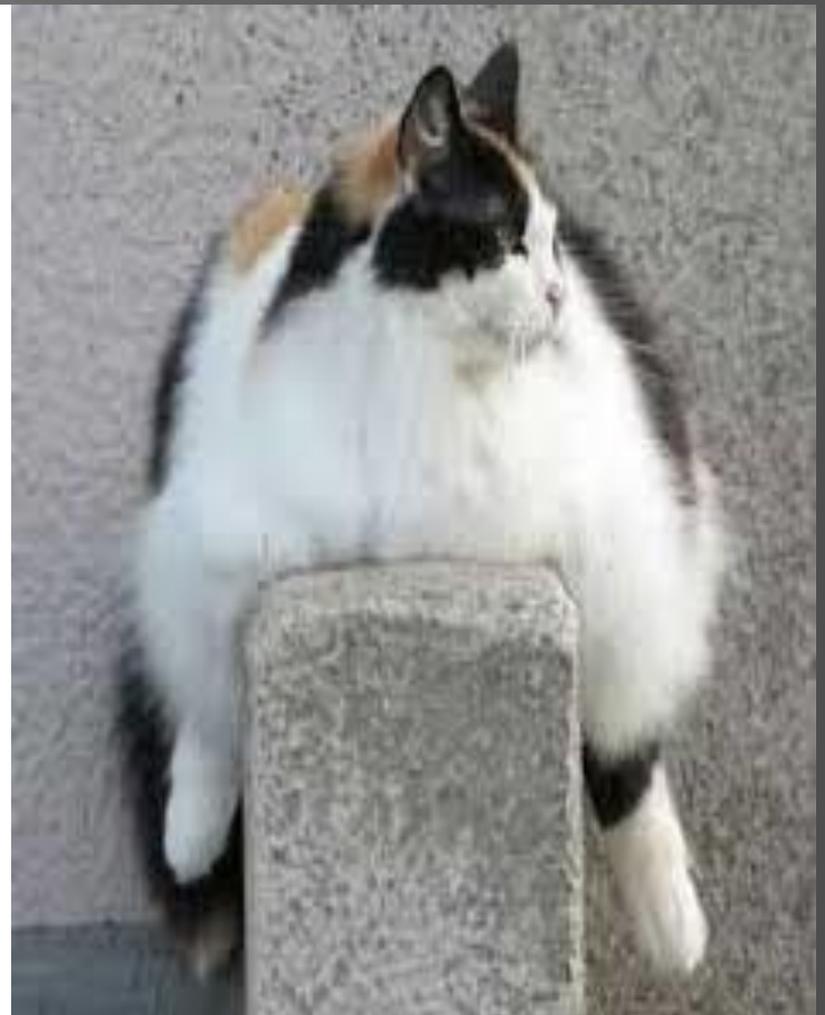
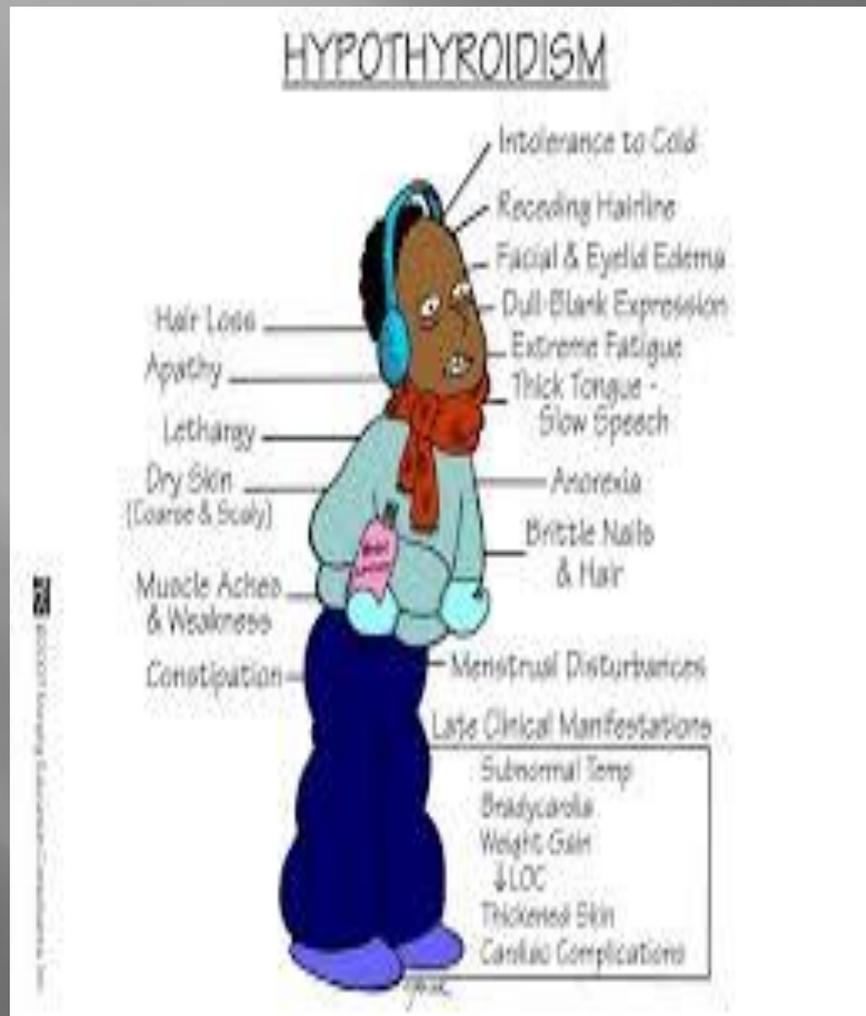
- ▣ An acute, life-threatening, hypermetabolic state induced by excessive release of thyroid hormones.
- ▣ Presentation: Fever, tachycardia, HTN , and neurological and GI abnormalities.



- ❑ Rapid diagnosis and aggressive treatment are critical.
- ❑ Diagnosis is primarily clinical
- ❑ Management: Supportive measures, Propylthiouracil and Beta blockers.



Hypothyroidism





Typical appearance with moderately severe primary hypothyroidism or myxedema

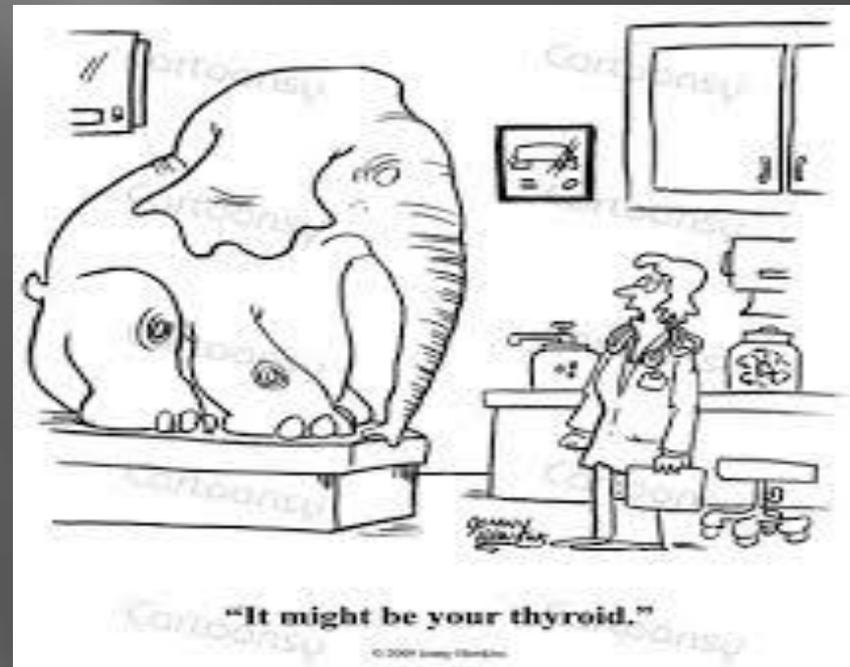
Causes of hypothyroidism

1. Hashimoto's thyroiditis.
2. Post total thyroidectomy.
3. Post I131 treatment
4. Congenital, i.e Thyroid agenesis or dysplasia,
5. Medications, i.e Lithium and Amiodarone.
6. Iodine deficiency
7. Central hypothyroidism
8. Thyroid infiltration, i.e Riedel's struma, amyloidosis, and hemochromatosis

Physiologic state	Serum TSH	Serum Free T4	Serum T3	24-h radioiodine uptake
Hyperthyroidism, untreated	Low	High	High	High
Hyperthyroidism, T3 toxicosis	Low	Normal	High	Normal or High
Primary Hypothyroidism, untreated	High	Low	Low or Normal	Low or Normal
Hypothyroidism secondary to pituitary disease	Low or Normal	Low	Low or Normal	Low or Normal
Euthyroid, on exogenous thyroid hormone	Normal	Normal on T4, Low on T3	High on T3, Normal on T4	Low

Treatment

- ▣ Levothyroxine replacement.
- ▣ No need for additional T3 replacement.
- ▣ In older people with history of CAD, start with a low dose and then titrate dose up slowly.



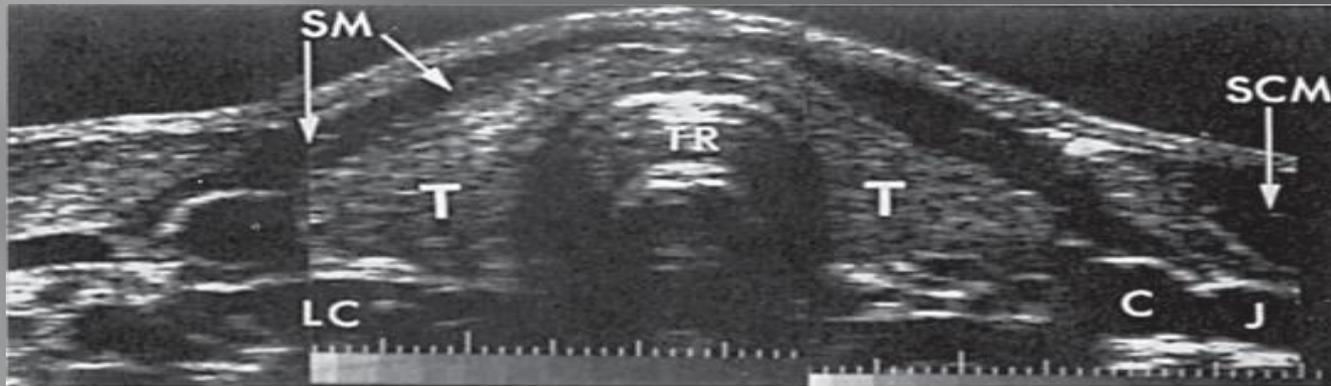
Myxedema coma/Myxedema crises

- ▣ An uncommon but a life-threatening form of untreated hypothyroidism with physiological decompensation.
- ▣ The condition occurs in patients with long-standing, untreated hypothyroidism and is usually precipitated by a secondary insult, such as climate-induced hypothermia, infection, or another systemic condition, or drug therapy.

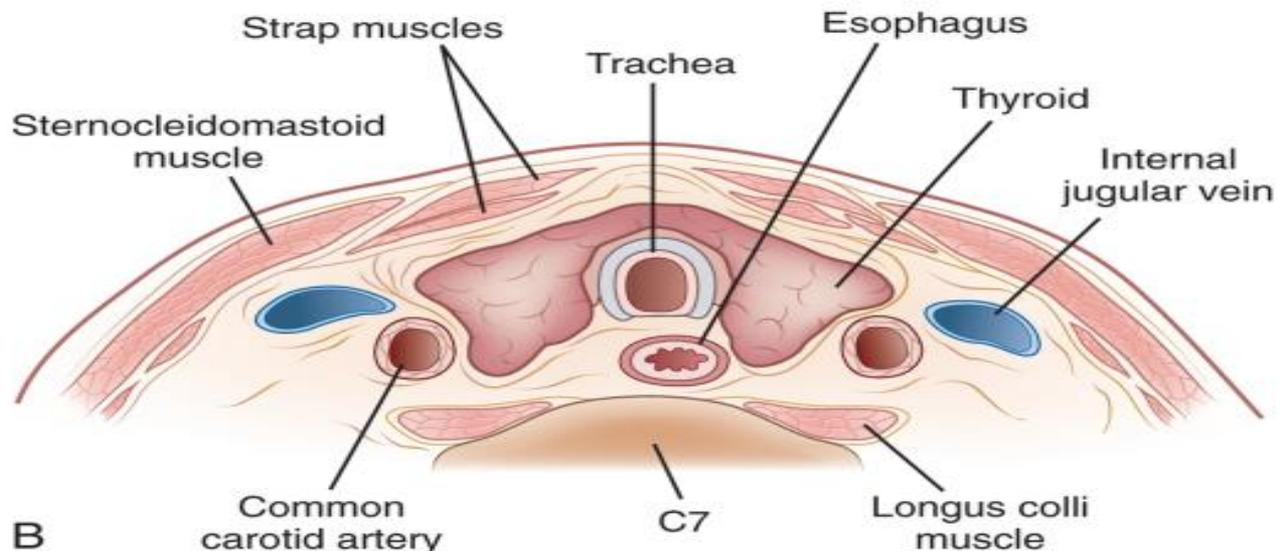
- ▣ Patients with myxedema coma have changes in their mental status, including lethargy, stupor, delirium, or coma.
- ▣ Treatment:
 - Supportive measures
 - IV levothyroxine
 - In light of the possibility of adrenal insufficiency, stress steroid replacement *after* a cortisol level is obtained.



NONTOXIC DIFFUSE AND NODULAR GOITER AND THYROID NEOPLASIA



A

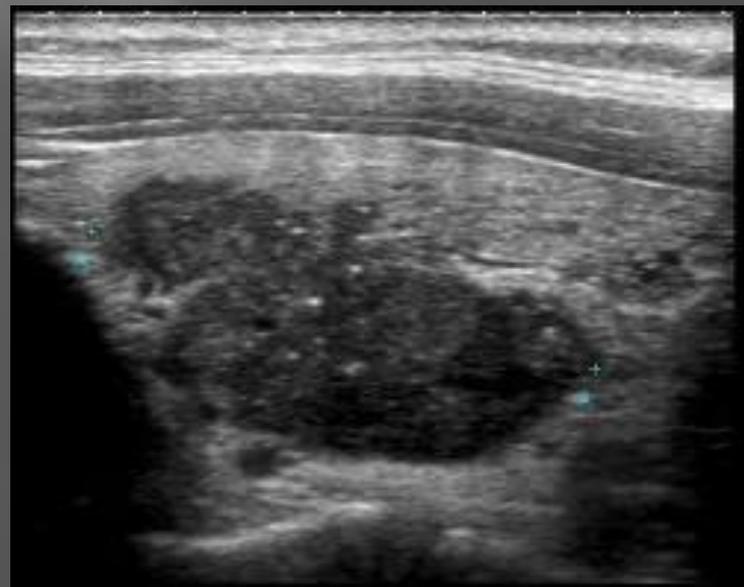
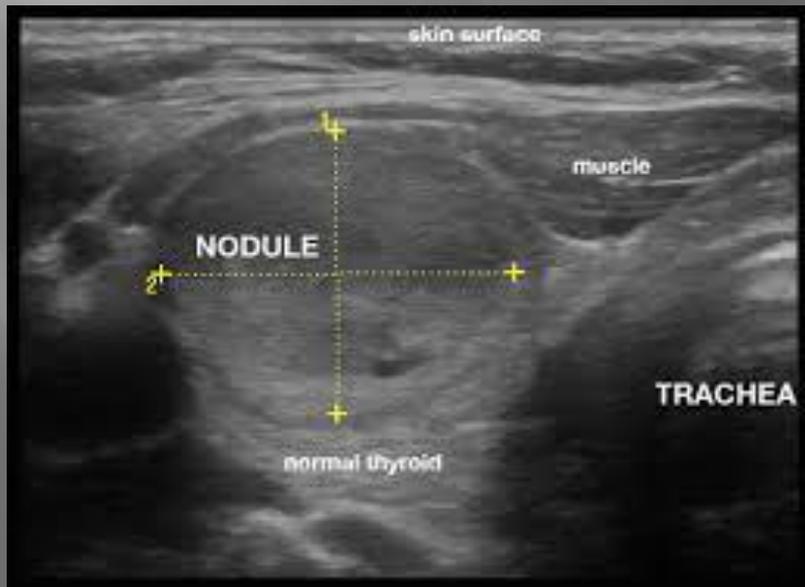


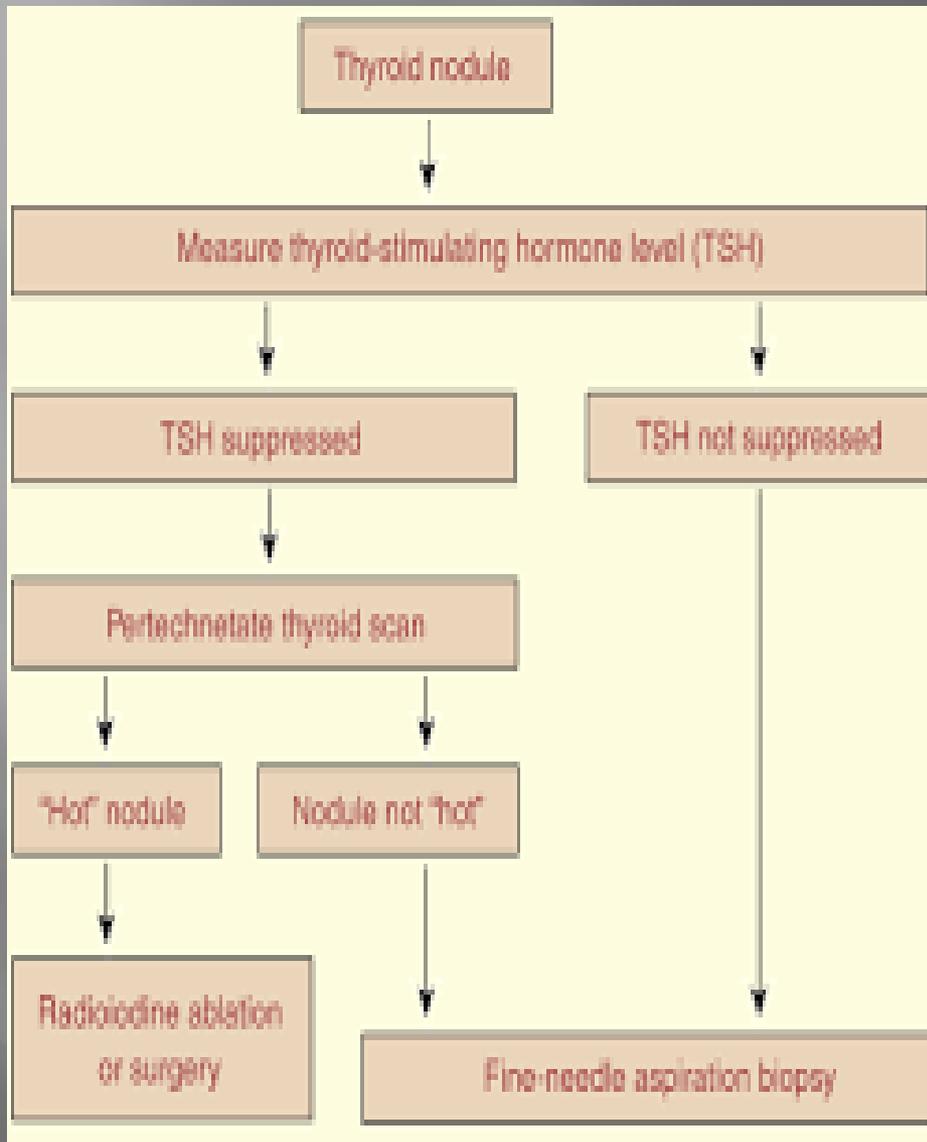
B

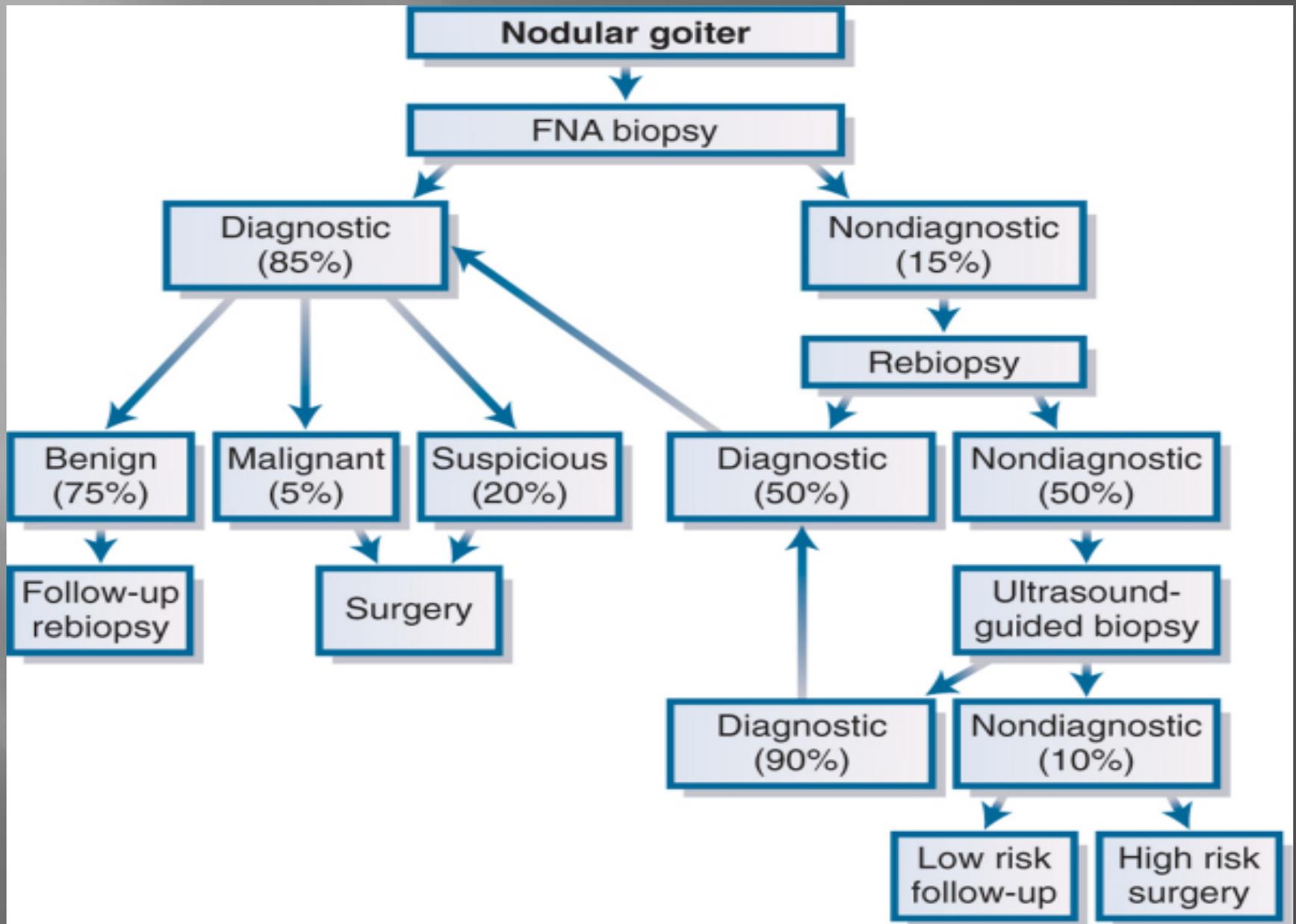
NONTOXIC GOITER: DIFFUSE AND NODULAR

- ▣ Nontoxic goiter may be defined as any thyroid enlargement characterized by uniform or selective growth of thyroid tissue that is not associated with overt hyperthyroidism or hypothyroidism and that does not result from inflammation or neoplasia.
- ▣ A thyroid nodule is defined as a discrete lesion within the thyroid gland that is due to an abnormal focal growth of thyroid cells.
- ▣ **Risk factors:**
 - Familial
 - Iodine deficiency
 - Smoking
 - Alcohol
 - Older age
 - Female sex
 - Hx of uterine fibroids



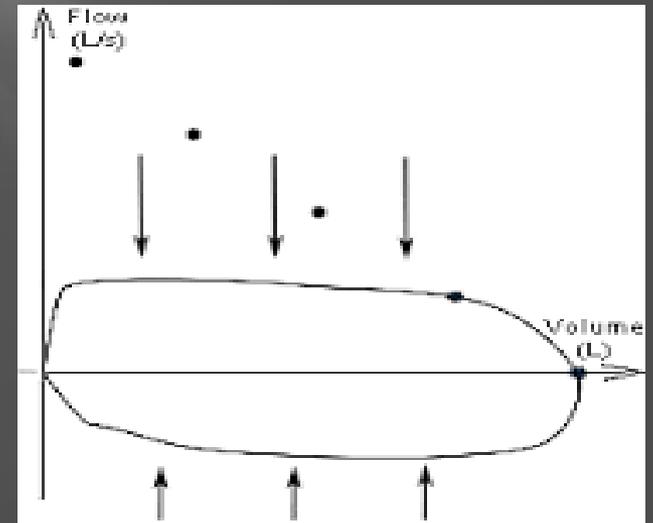






Indications for thyroid surgery

- ▣ Malignancy
- ▣ Indeterminate and/or repeatedly nondiagnostic FNA results
- ▣ Cosmetic, mostly in females
- ▣ Obstructive symptoms



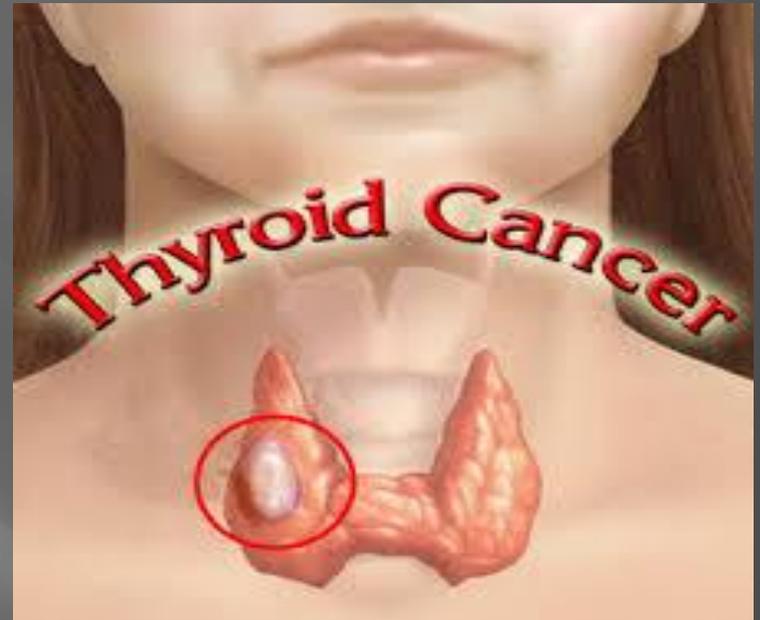
Does levothyroxine treatment help in non-toxic diffuse or nodular goiter?



- ▣ The efficacy of thyroid hormone suppressive therapy in euthyroid patients with solitary benign thyroid nodules or sporadic nontoxic multinodular goiters is **controversial**.
- ▣ Most studies have shown that few thyroid nodules regress in patients taking thyroid hormone. However, suppressive therapy does appear to interfere with goitrogenesis in many patients.
- ▣ The American Thyroid Association does not recommend suppression therapy of benign thyroid nodules in iodine sufficient populations

Thyroid cancer

- ▣ The National Cancer Institute indicates that thyroid cancer is the most common type of endocrine-related cancer and estimates 60,220 new cases in 2013.
- ▣ Thyroid cancer represents approximately 3.6% of all new cancer cases.



▣ Although a diagnosis of thyroid or any type of cancer is frightening, the vast majority of thyroid cancers is highly treatable and in most cases curable with surgery and other treatments.



▣ Thyroid cancer is generally first suspected by a lump or nodule in the thyroid gland.

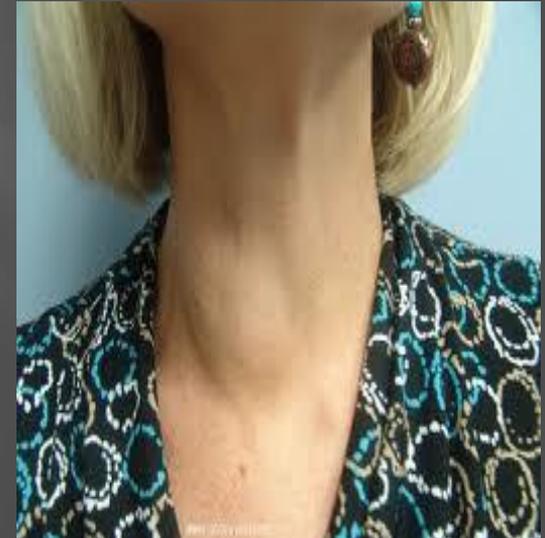


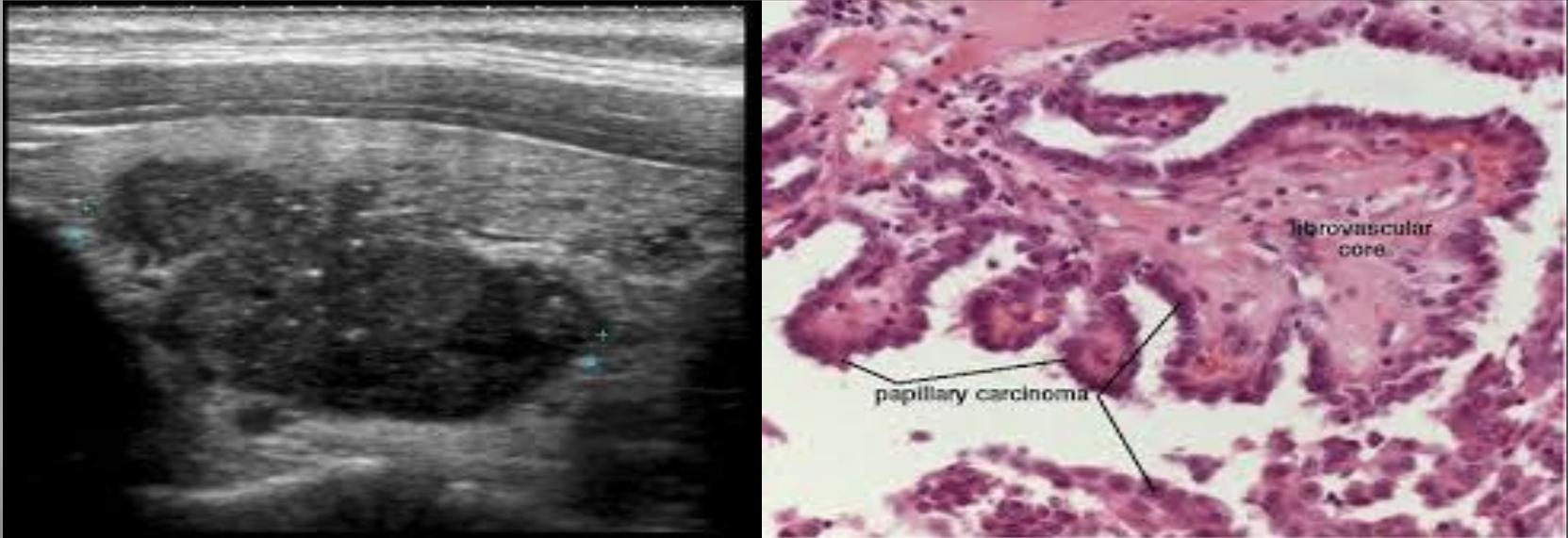
Table 1. Relative Frequencies and Mortality Rates of the Various Histological Types of Thyroid Cancer

Histological Type	Relative Frequency (%)	Cause-Specific Mortality Rates 20 Years (%)
Papillary	70 - 80	5 - 10
Follicular	15 - 25	25 - 30
Hürthle cell	2 - 5	20 - 35
Medullary	5 - 8	20 - 25
Anaplastic	4 - 10	> 95

1. Papillary Thyroid Cancer

- ▣ Most common type of thyroid cancer: 70% to 80% of all thyroid cancers are papillary thyroid cancer
- ▣ Commonly diagnosed between the ages of 30 and 50
- ▣ Females are affected 3 times more often than males
- ▣ Usually not aggressive
- ▣ May spread, but usually not beyond the neck

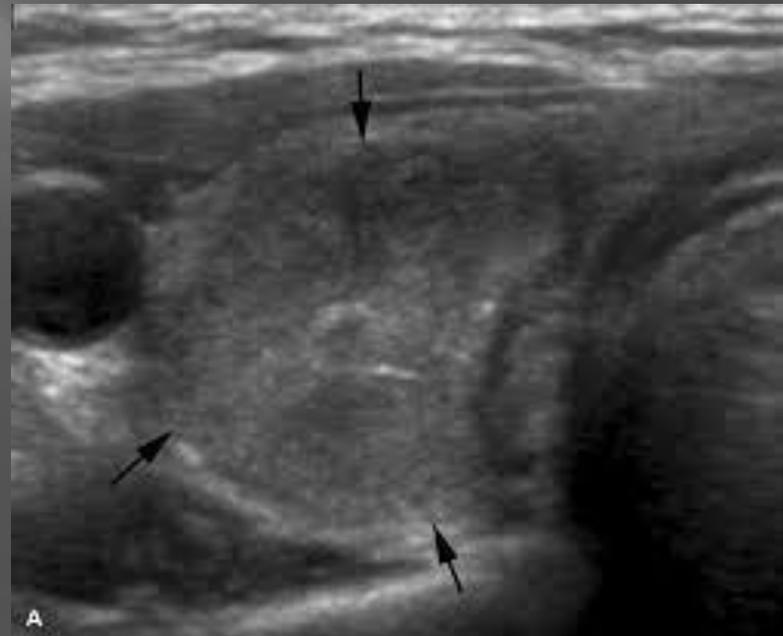
- ▣ Papillary cells resemble finger-like projections



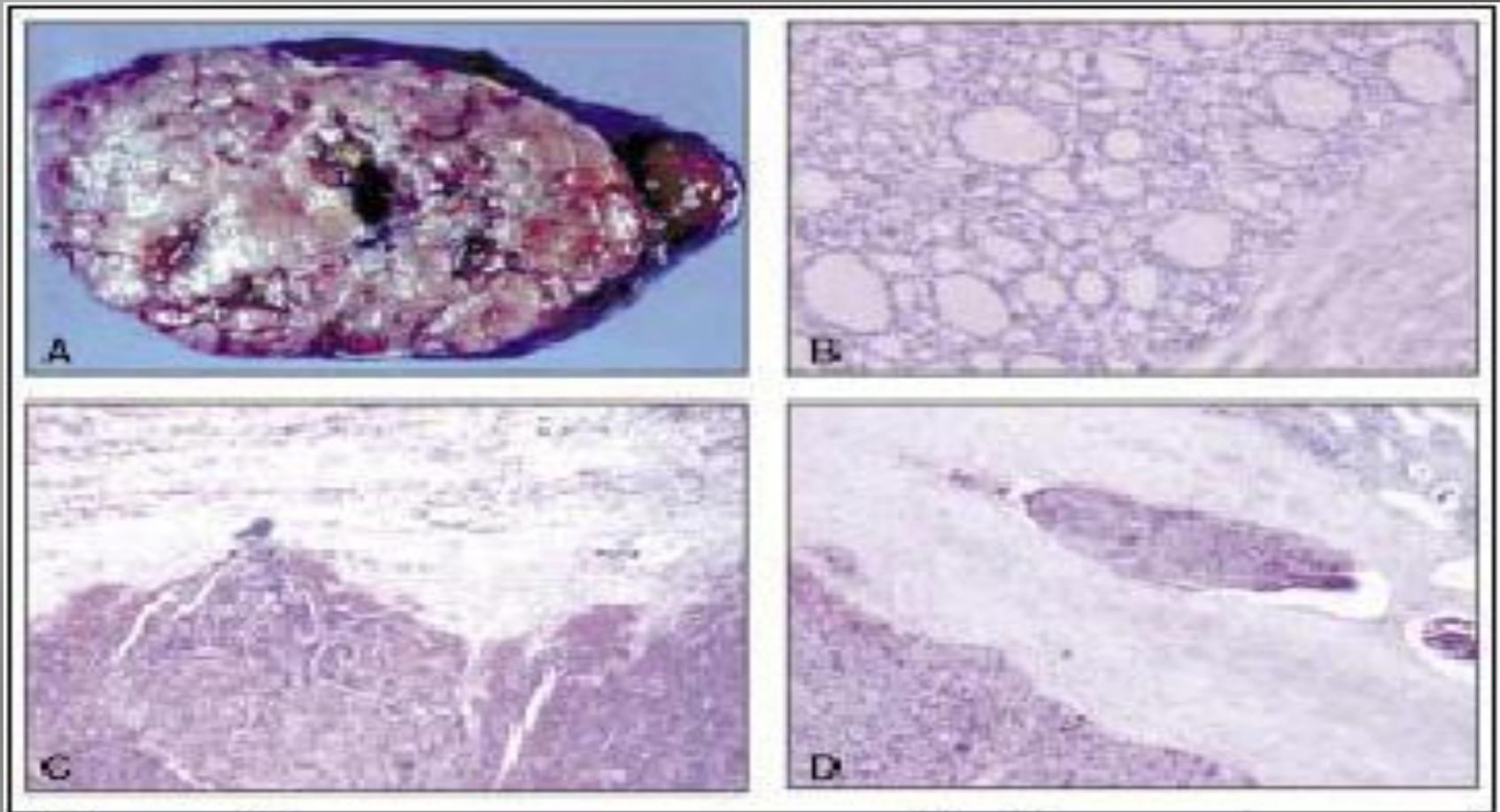
- ▣ Tumor development can be related to radiation exposure, such as radiation treatments for acne or adenoid problems as a child

2. Follicular Thyroid Cancer

- ▣ Makes up about 10% to 15% of all thyroid cancers
- ▣ Often diagnosed between the ages of 40 and 60
- ▣ Females are affected 3 times more often than males
- ▣ Cancer cells may invade blood vessels and travel to other body parts such as bone or lung tissues



▣ Follicular cells are sphere-shaped



Medscape ®

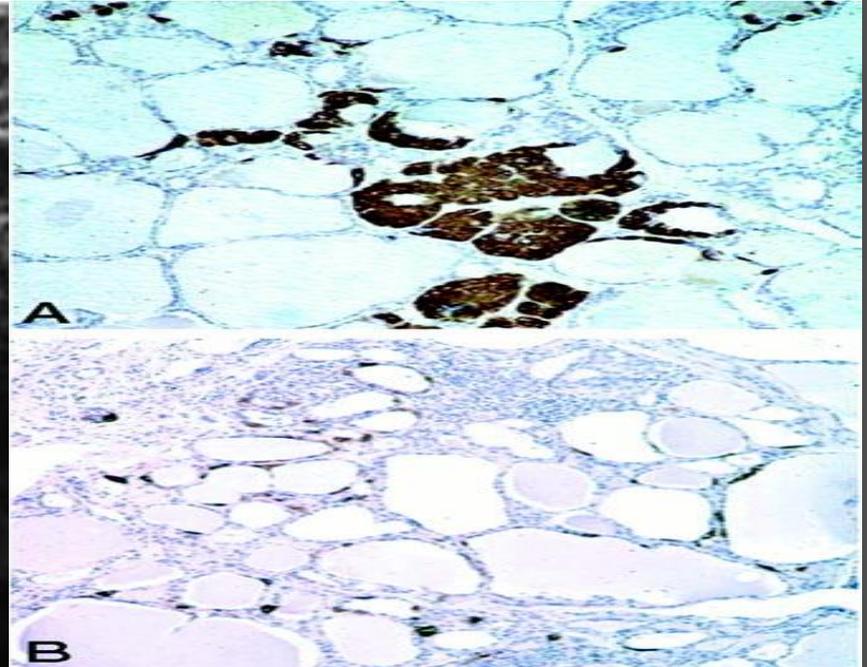
<http://www.medscape.com>

(A) Follicular adenoma with variegated gross appearance. (B) Follicular adenoma. The periphery of the tumor is surrounded by a fibrous capsule. (C) Follicular adenoma with indentation of the inner aspect of the tumor capsule. (D) Follicular carcinoma with vascular invasion with tumor attachment to the endothelium.

3. Medullary Thyroid Cancer

- ▣ Makes up about 5 % to 10% of all thyroid cancers
- ▣ More likely to run in families and associated with other endocrine disorders
- ▣ Develops from the *C Cells or parafollicular cells* that produce calcitonin
- ▣ An elevated calcitonin level can indicate cancer

- ▣ Often diagnosed between the ages of 40 and 50
- ▣ Females and males are equally affected
- ▣ Forms of medullary thyroid cancer include sporadic (not inherited), MEN 2A and MEN 2B, and familial (genetic, but not linked to other MEN-related endocrine tumors)

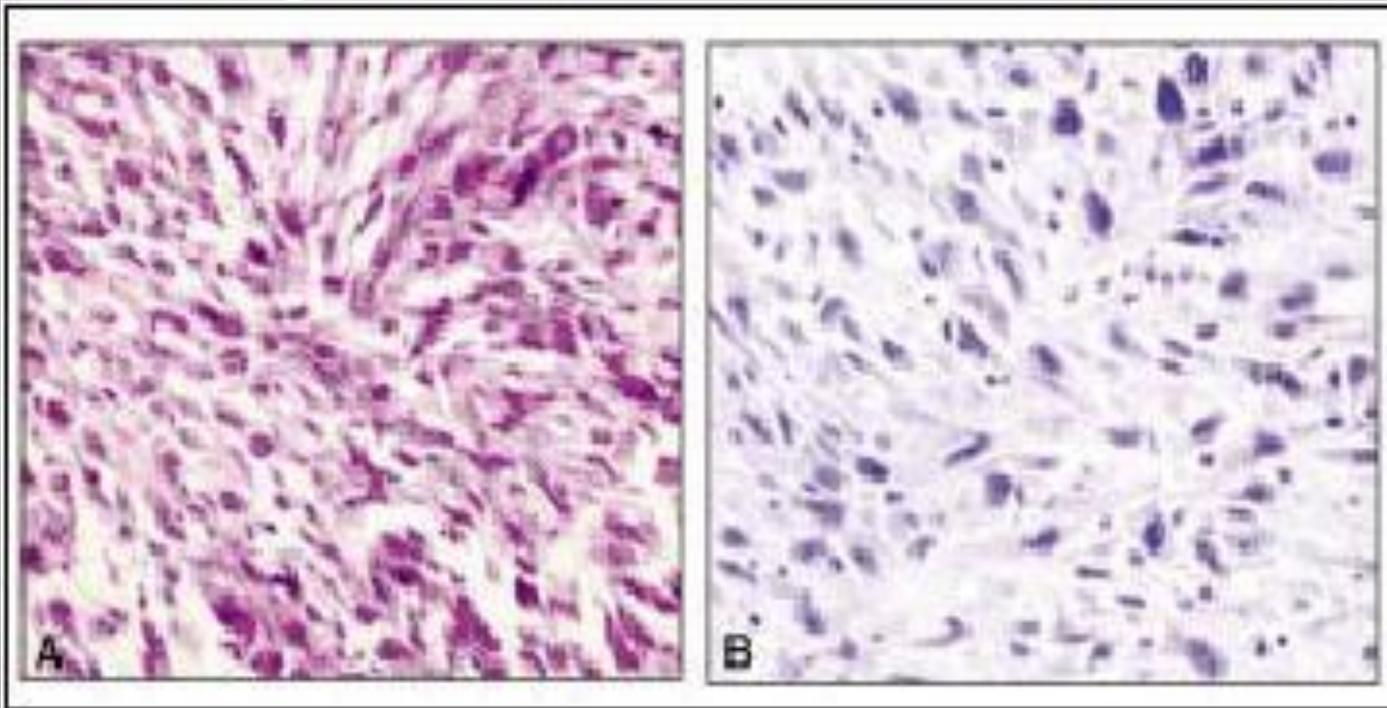


4. Anaplastic Thyroid Cancer

- ▣ Very rare — affects fewer than 5% of thyroid cancer patients
- ▣ Usually occurs in patients older than 65 years
- ▣ Females are affected more often than males



- ▣ Anaplastic means the cells lose normal structure and organization → Aggressive and invasive
- ▣ Least responsive to treatment



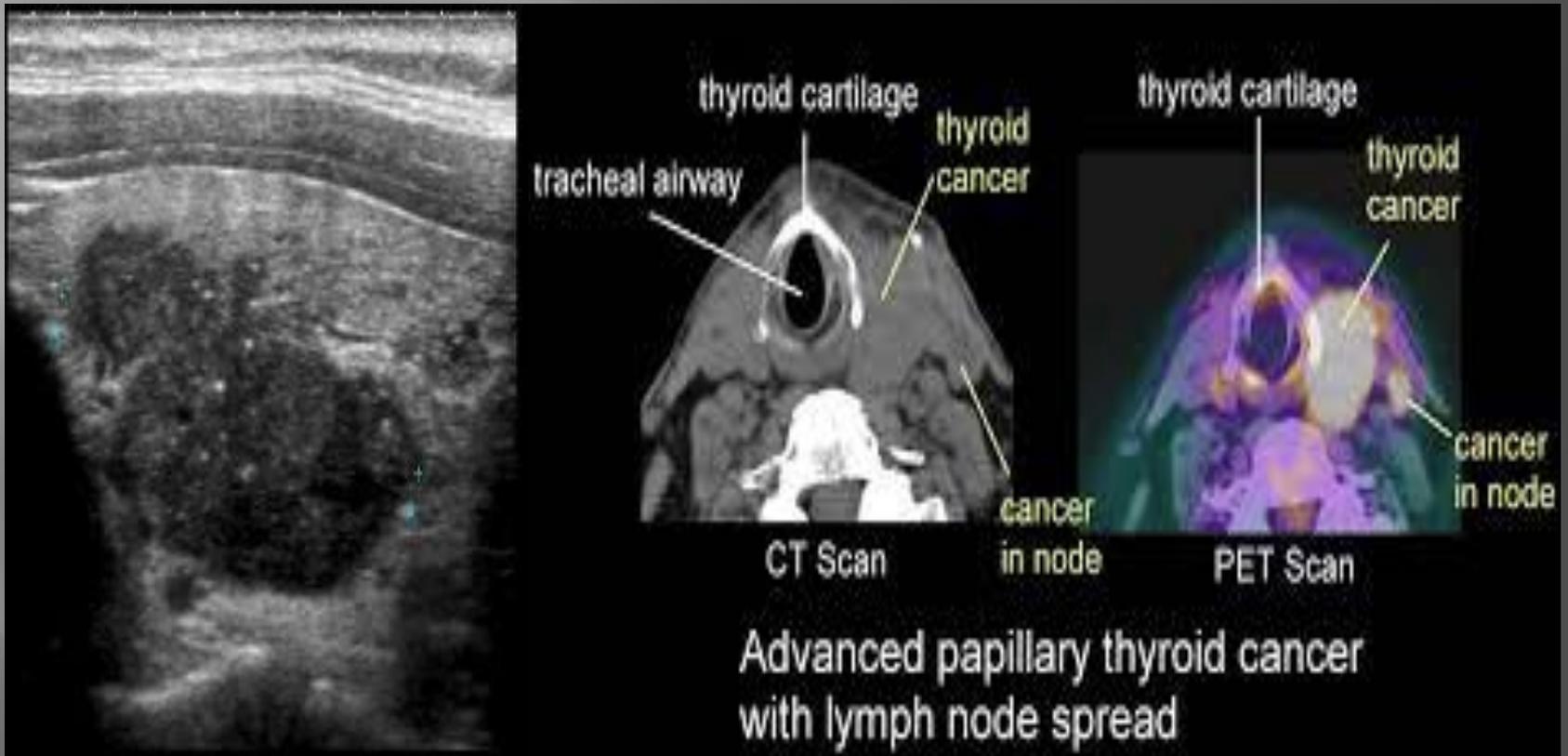
Medscape ®

<http://www.medscape.com>

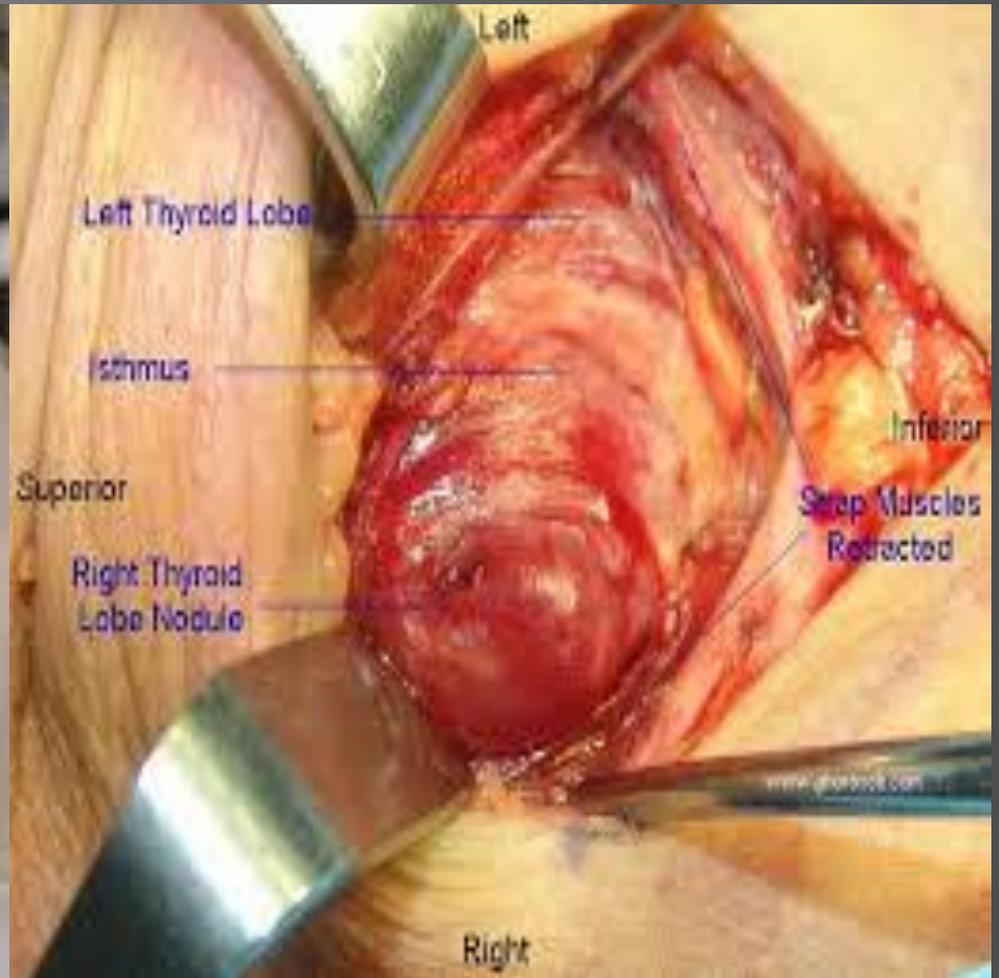
Undifferentiated (anaplastic) carcinoma. (A) Spindle cells in storiform growth pattern. (B) Prominent hyperchromatism and atypia of tumor cells

Diagnostic tests

1. Imaging studies (thyroid ultrasound, CT neck, PET scan).



2. The gold standard is thyroid FNA or surgery.



Treatment

1. Surgery (total, subtotal or hemi-thyroidectomy) →
Need an experienced thyroid surgeon.



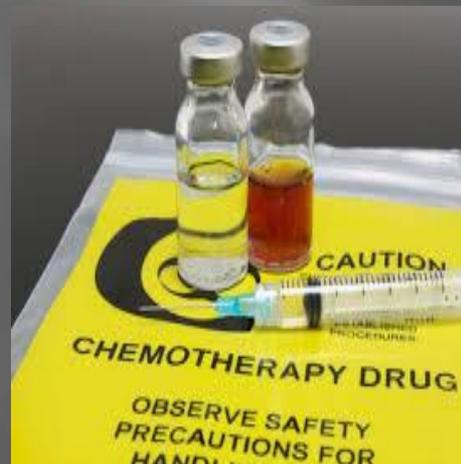
2. I131 ablation



3. External beam radiation



4. Chemotherapy



Secondary thyroid tumors

1. Thyroid lymphoma



2. Metastasis (Kidney, Lung, Bone, Melanoma)



1. Williams Textbook of Endocrinology
2. Medscape.com
3. UpToDate.com

