



Roma, 8-11 novembre 2018

Noduli Tiroidei: Le Terapie Mini-invasive e le loro Indicazioni



ITALIAN CHAPTER



TAKE HOME MESSAGES

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Conflitti di interesse



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Ai sensi dell'art. 3.3 sul conflitto di interessi, pag 17 del Regolamento Applicativo Stato-Regioni del 5/11/2009, dichiaro che negli ultimi 2 anni ho avuto rapporti diretti di finanziamento con i seguenti soggetti portatori di interessi commerciali in campo sanitario:

Research grants: Elesta, IBSA, Ipsen, Lilly, Merck, Novo, Theraklion.



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Minimally Invasive Procedures



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- Minimally-invasive procedures (MIT) are now thoroughly evaluated and widely accessible
- MITs may change the natural history of symptomatic or enlarging thyroid lesions
- Non-surgical management of enlarging nodules:
 - prevents loss of thyroid function
 - does not affect QoL and cosmesis
 - does not employ surgical inpatient resources



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General Considerations



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- Malignancy should be ruled out with two cytologic assessments
- Procedures do not require general anesthesia and are usually well tolerated
- Treatments require 20 - 30 minutes and a short post-treatment observation
- Risks of major complications or thyroid function abnormalities are low



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Thermal Ablation Indications



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- Percutaneous ethanol injection should be the first-line treatment for relapsing cysts
- Thermal ablation procedures (laser and radiofrequency) are effective in non-functioning thyroid nodules as they result in significant volume reduction and local symptoms improvement
- Nodules from 3 to 5 cm in size are the best suited for non surgical management



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Thermal Ablation Indications



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- Thermal ablation should be used in diffuse nodular goiters only in the minority of cases with a dominant lesion that results in pressure symptoms
- Thermal ablation should be considered for hyperfunctioning nodules in:
 - young patients, or
 - small lesions (about 2 cm), or
 - when ^{131}I and surgery are not suitable



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HIFU and MW



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- High-intensity focused ultrasound (HIFU) is a completely non-invasive treatment
- Time expenditure and costs are elevated while volume decrease is only moderate
- HIFU is a not yet competitive treatment and may be used for selected cases only
- Microwaves (MW) is not a thoroughly evaluated procedure



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MIT for Thyroid Malignancies



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- MITs may be used for local control of non radioiodine-avid cancer recurrences in patients who are not candidate to or refuse surgery
- MITs are specifically indicated for disease relapse after cervical lymphadenectomy or in patients with surgical complications
- MITs may be considered as an alternative to wait and see in PTMC who at surgical risk
- Preliminary multi-disciplinary consultation and full patient information are needed in these cases



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Thank You for the Attention

