

ABSTRACT

BACKGROUND

The solitary thyroid nodule are common in outpatient surgical department of our institution, it may be benign or malignant, it has to be characterised properly for optimal management.

AIM AND OBJECTIVE

The aim of our study is

1. To stress the importance of FNAC as diagnostic tool
2. To study the age, sex distribution of cases in our institution
3. To study percentage of benign and malignancy in solitary nodular goitre.

METHODS

In this study we analysed our institutional surgical OPD patient for one year October 2016-sptember 2017. All the patient presented with solitary thyroid nodule included in the study, all the patient individually assessed investigated with FNAC and Ultrasound.

The patient were treated appropriate therapeutically and surgically like hemithyroidectomy or total thyroidectomy with or without neck dissection.

RESULTS

In our study of 100 patients 8 (8%) were male and 92 (92%) females, patient with solitary nodular goitre age wise <30 yrs 2 (8%) males and 22 (90%) females, 30-60 yrs 5 (7%) males and 61 (92%) females >60 yrs 1 (10%) male and 9 (90%) female. The most common age group of both male and female is 30-60 yrs. The nodule were found more in right lobe of thyroid 48 (48 %) out of 100 patients, 47 (47%) of left lobe and in isthmus for 5 (5%) patients.

Incidence of malignant nodule out of 100 were 21 (21%) of which 3 (15%) male patient and 18 (88%) female patient. In male out of 3 (33%) one papillary carcinoma and 2 (66%) follicular carcinoma. In females out of 18, 13 (72%) papillary carcinoma and 5 (27%) follicular carcinoma. Rest of 79 cases were benign lesion, the solitary nodule in males are proportionately more malignant.

All malignant patient underwent total thyroidectomy with lymphnode dissection while patient with benign lesion underwent Hemithyroidectomy.

CONCLUSION

- ✓ The best modality of investigation for thyroid based on our study found to be Fine needle aspiration cytology, easy to perform and cheaper.
- ✓ In our study conducted among the patient visiting our Hospital the commonest thyroid disease is solitary nodular goitre
- ✓ Out of 100 patients 92 females and 8 males were affected which shows disease of female predominance
- ✓ Most of affected people were middle aged 30-60 years, which shows disease of mid age group
- ✓ Most of lesion benign 79 cases out of 100 which proves benign nodules are common presentation
- ✓ The reported 21 malignant cases papillary carcinoma of 14 cases and 7 follicular carcinoma, which show the common thyroid malignancy is papillary carcinoma
- ✓ The reported 8 cases in males 3 were malignant which shows propionately solitary nodule in male are more malignant
- ✓ The patients with benign lesion underwent hemithyroidectomy of 79 cases, while patient with malignant and suspicious underwent total thyroidectomy with lymphnode dissection.

KEY WORDS :

Solitary nodular goitre, hemithyroidectomy, total thyroidectomy, fine needle aspiration cytology, papillary carcinoma, follicular carcinoma, recurrent laryngeal nerve.