

STUDY OF CLINICAL PRESENTATION OF THYROID SWELLING: OBSERVATIONAL STUDY

Dr Chetan Anantrai Patel

MD Medicine Associate Professor, Pacific Medical College & Hospital, Udaipur (Rajasthan)

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Corresponding author: Dr Chetan Anantrai Patel

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Abstract

Introduction: Iodine deficiency is the most common cause of goiter worldwide. Thyroid disease is the most common endocrine disorder. Thyroid inflammation is a major problem worldwide. In India about 170 million people suffer from thyroid disease.

Material and methodology: The present study was done during the period of one year. Informed written consent was obtained from all patients and prior consent was obtained from the ethics committee. Cases of thyroid inflammation have been thoroughly investigated / investigated by USG, FNAC and biopsy(in case thyroidectomy) were performed in this study.

Results: In the current study, the mean age of patients was 35.22 years from 18 to 68 years of age. The vast majority of patients in the current study were found to be in the age group of 31-40 years (33%).The number of female and male patients was 88 and 12 respectively with a female and a male ratio of 7.3: 1. The smallest female and male patients were 19 and 28 years old respectively. The oldest female and male patients were 65 and 67 years old respectively.

Conclusion: Thyroid swelling was most commonly seen during the 3rd and 4th centuries of life. Most patients had thyroid disease alone and 36% of patients had multinodulargoiter.

Keywords: Thyroid swelling , goiter , hyperthyroidism

Introduction

Iodine deficiency is the most common cause of goiter worldwide. Thyroid disease is the most common endocrine disorder. Thyroid inflammation is a major problem worldwide. In India about 170 million people suffer from thyroid disease [1]. The world's largest goiter belt is the Himalayan goiter belt from Kashmir in the north to Naga Hills in the east. Thyroid disease is a condition that affects the functioning of the thyroid gland. The thyroid gland is usually insensitive. In thyroid disease there will be inflammation of the thyroid gland and it becomes obvious. It causes symptoms of pressure on the throat and oesophagus as well as cosmetic problem. The most common cause of thyroid inflammation is iodine deficiency [2]. Inflammation of the thyroid gland is upward and easily checked to guide physical examination. Thyroid gland suffers from a variety of developmental disorders, inflammation and neoplastic diseases.[3].

Material and methodology:

The present study was done during the period of one year . Informed written consent was obtained from all patients and prior consent was obtained from the ethics committee. Sample size was estimated from expert.

Cases of thyroid inflammation have been thoroughly investigated / investigated by USG, FNAC and biopsy(in case thyroidectomy) were performed in this study.

A total of 100 patients with thyroid swelling were taken for study.

Inclusion criteria:

The following patients were included in the study:

- All patients coming to OPD have an enlarge thyroid gland where FNAC is performed.
- The patient's age should be between 15 and 70 years.

Exclusion criteria:

- Patients with other medial and lateral neck inflammation.
- According to Performa, detailed history based on name, age, gender, occupation, address, residential address, major complaints, medical history, features of hypothyroidism or hyperthyroidism, history of thyroid disease treatment, drug history and history of previous surgery were taken.

Comprehensive General Physical and Vision System tests are performed involving the heart and blood vessels, central nervous system and abdominal examination.

A thorough local examination was performed in all patients with primary emphasis on local thyroid inflammation. Inflammation was tested in a Lahey manner. Pemberton sign requested to detect Goiter retrosternal expansion. The full test is marked Performa.

After a complete history and physical examination a temporary diagnosis had been made. Patients are under investigation.

Results:

A total of 100 patients were included in the study and their clinical profile and evaluation were noted.

Patients underwent numerous studies including thyroid profile, FNAC etc.

In the current study, the mean age of patients was 35.22 years from 18 to 68 years of age. The vast majority of

patients in the current study were found to be in the age group of 31-40 years (33%).

Table 1: Age wise distribution of patients

Age range	Number of patients	Percentage
15 - 30	20	20
31-40	58	58
41-50	12	12
>60	10	10

The number of female and male patients was 88 and 12 respectively with a female and a male ratio of 7.3: 1. The smallest female and male patients were 19 and 28 years old respectively. The oldest female and male patients were 65 and 67 years old respectively.

Table 2: Gender wise distribution of patients

Gender	Number of patients	Percentage
Male	12	12
Female	88	88

In the current study, 60 patients had h/o thyroid swelling for less than 1 year, 30 patients had thyroid swelling for 1 to 5 years and 10 patients had thyroid swelling for 5 to 10 years.

Table 3: Neck swelling wise distribution of patients

Neck swelling	Number of patients	Percentage
Less than one year	60	60
1 to 5 years	30	30
More than 5 years	10	10

Swelling of the left side of neck was present in 40 patients and 35 patients had swelling of the right side of neck. Inflammation of the whole gland was present in 18 patients

In the current study, 12 patients had a family history of thyroid disease and 88 patients did not provide a family history of thyroid disease.

Of the 100 patients, 48 patients were swollen on their own and 30 patients had multiple tumors.

Cervical lymphadenopathy was present in 7 patients and was absent in 93 patients. Of the 3 patients only 1 patient had Level I cervical lymphadenopathy and 6 patients had Level II, III cervical lymphadenopathy.

Discussion:

In our study, a total of 100 patients were included in the study and their clinical profile and evaluation were noted. Patients underwent numerous studies including thyroid profile, FNAC etc. In the current study, the mean age of patients was 35.22 years from 18 to 68 years of age. The vast majority of patients in the current study were found to be in the age group of 31-40 years (33%). The number of female and male patients was 88 and 12

respectively with a female and a male ratio of 7.3: 1. The smallest female and male patients were 19 and 28 years old respectively. The oldest female and male patients were 65 and 67 years old respectively.

In the current study, 60 patients had h/o thyroid swelling for less than 1 year, 30 patients had thyroid swelling for 1 to 5 years long and 10 patients had thyroid swelling for 5 to 10 years.

Swelling of the left side of neck was present in 40 patients and 35 patients had swelling of the right side of neck. Inflammation of the whole gland was present in 18 patients. In the current study, 12 patients had a family history of thyroid disease and 88 patients did not provide a family history of thyroid disease. Of the 100 patient, 48 patients were swollen on their own and 30 patients had multiple tumors. Cervical lymphadenopathy was present in 7 patients and was absent in 93 patients. Of the 3 patients only 1 patient had Level I cervical lymphadenopathy and 6 patients had Level II, III cervical lymphadenopathy.

Swelling of the thyroid gland can be dangerous or serious. Thyroid diseases include hyperthyroidism, hypothyroidism, monodular dysfunction such as diffuse goitre, multinodular goitre and tumors including thyroid

adenoma, papillary carcinoma, follicular carcinoma, medullary carcinoma etc. . (7) Patients with Hypothyroidism will gain weight, cold intolerance, constipation and fatigue. In middle age women Hashimoto's disease, follicular carcinoma and thyroid adenoma with toxic characteristics are common. In young girls papillary carcinoma is more common. In recent years anaplastic carcinoma has occurred. In India multinodular goiter is more common due to iodine deficiency. Some tumors grow very slowly such as multinodular goitre, goiter alone, papillary and follicular carcinoma and some grow rapidly as anaplastic carcinoma. Among all thyroid carcinomas papillary carcinoma is commonly accounted for 81%, followed by follicular carcinoma, medullary carcinoma, anaplastic carcinoma and lymphoma with 10%, 5%, 3% and 1 % cases respectively [8].

Conclusion:

Thyroid swelling was most commonly seen during the 3rd and 4th decade of life. Most patients had thyroid disease alone and 36% of patients had multinodular goiter.

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