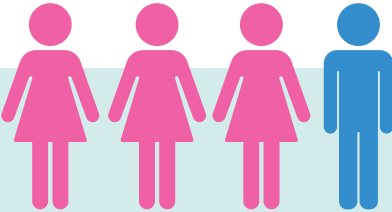




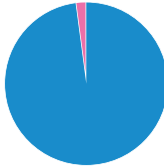
ROSWELL PARK COMPREHENSIVE CANCER CENTER

THYROID CANCER *Info Sheet*




3x more women
than men get
thyroid cancer

MORE THAN
98%
SURVIVE
5 years
after diagnosis.



In most cases, thyroid cancer
can be treated effectively
and patients can look forward
to a normal lifespan.

Thyroid cancer is the most
commonly diagnosed cancer
among young adults ages


20-39
AND THE
#1 CANCER AMONG
WOMEN AGES
15-30

WHAT YOU SHOULD KNOW

Your **thyroid** is a small butterfly-shaped gland in the front of your neck, slightly larger than a quarter. The thyroid produces hormones that regulate your heart rate, blood pressure, weight, body temperature and calcium levels.

Thyroid cancer is the most rapidly increasing cancer diagnosis in the U.S., and the 5th most common cancer in women. Fortunately, survival rates are high.

SYMPTOMS TO TELL YOUR DOCTOR

- ✓ A lump or swelling in your neck
- ✓ Difficulty swallowing
- ✓ Pain in the front of your neck, sometimes radiating up to the ears
- ✓ Trouble breathing
- ✓ Hoarseness
- ✓ Unexplained cough

ARE YOU AT HIGH RISK?

The following factors may increase your risk for thyroid cancer:

- ✓ **Age.** Most common between ages 15 and 65.
- ✓ **Female gender.** Three times more women than men get thyroid cancer.
- ✓ **Radiation exposure** to the head or neck, especially during childhood.
- ✓ **History of goiter** or enlarged thyroid.
- ✓ **Family history** of thyroid disease or thyroid cancer.
- ✓ **Hereditary conditions**, such as familial medullary thyroid cancer (FMTTC), multiple endocrine neoplasia type 2A or type 2B syndromes, familial adenomatous polyposis (FAP) and Cowden's syndrome.

EARLY DETECTION — KNOW YOUR NECK

Most thyroid nodules are benign, not cancer. To help find any lumps or nodules, look into a mirror and follow these steps to perform a Neck Self-Exam:

STEP 1:

Locate your thyroid gland in the lower front area of the neck, above your collarbone and below the voice box.

STEP 2:

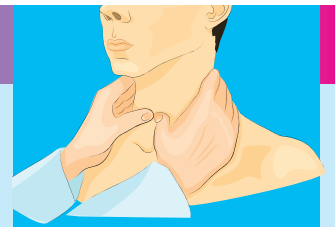
Tip your head back, take a drink of water and swallow.

STEP 3:

Watch for any bulges or protrusions as you swallow. Repeat a few times.

STEP 4:

If you see any unusual bulges, consult your physician.



Neck exams done by your doctor during routine check-ups help detect thyroid nodules early.

WHY ROSWELL PARK FOR THYROID CANCER?

- ✓ **Nationally recognized.** We are a National Cancer Institute (NCI) designated Comprehensive Cancer Center, the state's only one outside of New York City.
- ✓ **Leaders in the field.** of thyroid and parathyroid cancer care, including rare types like medullary and anaplastic thyroid cancer.
- ✓ **High-volume center for thyroid surgeries.** Studies show patients have better outcomes at centers that perform a high number of procedures.
- ✓ **Expert care for non-cancerous thyroid conditions** such as hyperthyroidism, goiter and benign thyroid nodules.
- ✓ **Genetic screening.** Our team will evaluate whether you and your family should undergo genetic testing.

MEET OUR DOCTORS



Head & Neck Surgery

1. Vishal Gupta, MD
2. Wesley Hicks Jr., MD, FACS
3. Moni Abraham Kuriakose, MD
4. Ryan McSpadden, MD
5. Kimberly Wooten, MD



Surgical Oncology

6. Moshim Kukar, MD

Radiation Oncology

7. Varun Chowdhry, MD, MBA
8. Anurag Singh, MD

Nuclear Medicine

9. Dominick Lamonica, MD
10. Moheieldin Abouzied, MBBCH



Genetics

11. Kenan Onel, MD
12. Katherine Latina, MS, CGC
13. Margaret Hill, PhD, MS, CGC
14. Mollie Hutton, MS, CGC

GET A 2nd OPINION

If you have a cancer diagnosis, consider getting a second opinion. At Roswell Park, for our thyroid experts can review your scans and pathology and schedule a consultation.



WHY IT MATTERS

In about **10% OF CASES**

WE REVIEW, the diagnosis is changed, impacting your treatment options, decisions and the way forward.



Scan the QR code to learn more



RoswellPark.org/CareNetwork