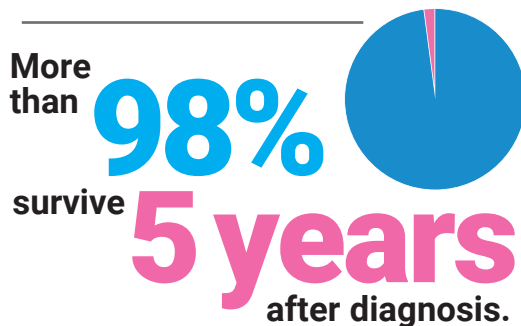
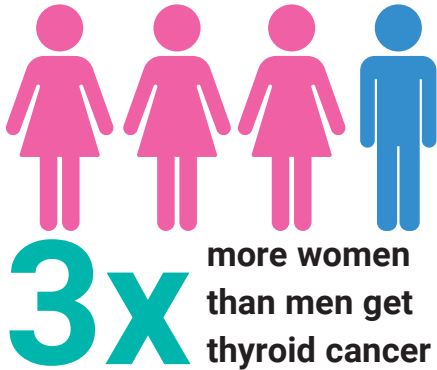




ROSWELL PARK COMPREHENSIVE CANCER CENTER

THYROID CANCER *Info Sheet*



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 younger women



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.** Between 25 and 65 years old.
- ✓ **Female gender.** Three times more women than men get thyroid cancer.
- ✓ **Radiation exposure** to the head or neck as a child, or exposure from a nuclear accident.
- ✓ **History of goiter** or enlarged thyroid.
- ✓ **Family history** of thyroid disease or thyroid cancer.
- ✓ **Hereditary conditions**, such as familial medullary thyroid cancer (FMTc), 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 collarbones and below the voice box.

STEP 2:

Focus on this area in the mirror and tip your head back, take a drink of water and swallow.

STEP 3:

As you swallow, look for any bulges or protrusions. You may want to repeat this process several times.

STEP 4:

If you see any protrusions in this area, see your physician who will check for enlarged thyroid gland or nodules.



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.** Offering state-of-the-art care for malignant thyroid and parathyroid, 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 nonmalignant thyroid conditions** such as hyperthyroidism, goiter and benign thyroid nodules.
- ✓ **Genetic screening.** Some rare types of thyroid cancer are due to an inherited gene mutation. Our team will evaluate whether you and your family should undergo genetic testing.

MEET OUR DOCTORS

Head & Neck Surgery

1. Hassan Arshad, MD
2. Jon Chan, MD
3. Vishal Gupta, MD
4. Wesley Hicks Jr., MD, FACS
5. Moni Abraham Kuriakose, MD
6. Ryan McSpadden, MD
7. Kimberly Wooten, MD

Surgical Oncology

8. Moshim Kukar, MD

Radiation Oncology

9. Anurag Singh, MD

Nuclear Medicine

10. Dominick Lamonica, MD

Endocrinology

11. Rajeev Sharma, MBBS, MD, FACE

Genetics

12. Katherine Clayback, MS, CGC
13. Mollie Hutton, MS, CGC



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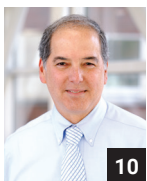
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GET A SECOND OPINION



If you have a cancer diagnosis, you need a second opinion. We can arrange for our thyroid experts to 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.



RoswellPark.org/CareNetwork