

## Thyroid Nodules with Dr. Jack Russo

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Hi my name is Jack Russo and I'm an ear, nose, throat doctor and head and neck surgeon at ENT and Allergy Associates in Brooklyn Heights. I wanted to talk to you a little bit about Thyroid Nodules. So, first off, the thyroid gland is a butterfly-shaped gland that sits over the trachea windpipe in the center of the neck, just above the collarbone. That gland is prone to forming nodules, which are basically bumps or lumps within the gland or extending out of the gland, or they can also be cysts which are fluid filled areas within the gland. Thyroid nodules are very common, they're actually more common in women and they increase with frequency as people get older. So by the time a woman is 50 years old, there's about a 50% chance that she has nodules. Thyroid Nodules can be easily evaluated in the office by performing an ultrasound, which does not involve any pain or radiation. If there is any suspicious nodules detected on that ultrasound, then we can easily perform a small needle biopsy drawing out some cells to have them tested to determine if there's any risk of thyroid cancer, in which case patients often need thyroid surgery. If you are having thyroid nodules or concerns about thyroid nodules, make an appointment for an evaluation.

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