

PEDIATRIC ENDOCRINOLOGY:

Thyroid nodule

1. Definition: Thyroid nodule

2. Relevant Information:

- Patient is asymptomatic (or is hyperthyroid)
- Family History: Thyroid cancer, autoimmune disease, MEN disorder
- Past Medical Problems: autoimmune disease, head-neck radiation exposure

3. Physical Exam:

- HR- normal for age
- BP – normal for age
- Skin- normal
- Eyes- normal
- Genitalia – normal
- Thyroid- increased in size or asymmetric fullness

4. Initial Screening Studies:

Serum: (normal values)
TSH 0.10 – 5.0 uIU/ml
Free T4 1.0-2.2 ng/dl
Total T4 5.0-10.6 ug/dl
Antithyroid antibodies negative
Thyroglobulin- normal
Calcitonin- normal
Calcium- 8.8-10.2 ng/dl

Imaging: Ultrasound

5. Disposition:

- a) Routine follow-up if all findings and lab screening tests are normal
- b) Referral if abnormalities on examination or screening test
- c) Can refer to Yale Pediatric Thyroid Center (Scott Rivkees, MD)
Telephone 203-737-5971, Fax 203-737-5972.
<http://www.yalepediatrics.org/thyroid/index.html>