THE ULTRASOUND (US) MANAGEMENT OF ELDERLY PATIENTS WITH SUSPECTED THYROID DISEASES

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Introduction. The aim of the work is to illustrate the role of Ultrasonography (US) in the management of elderly patients with suspected thyroid diseases.
Materials and Methods. 300 elderly patients from 70 to 90 years, 200 women, 100 men, all with laboratory alterations of thyroid function (75% hypothyroidism, 25% hyperthyroidism) were evaluated with thyroid US.
Results. We identified 2 groups of patients: group 1. 225 elderly patients with hypothyroidism in which 45 patients in therapy with amiodarone; group 2: 75 patients with hyperthyroidism in which 37 in therapy with amiodarone. The US exam detected in the group 1 (hypothyroidism) in all 225 patients echostructural abnormalities with 120 thyroiditis (80%women), 65 nodular disease (70% women), 35 cysts (60 % women). In the group 2 (hyperthyroidism) in all 75 patients echostructural abnormalities with m. Basedow in 38 patients (70% women), 24 nodular disease (70 % women), 13 cysts (70% women).
Conclusions. In the 300 elderly patients examinated the US detected in all patients in therapy with amiodarone echostructural abnormalities and nodular disease and cyst , very significant is the diagnosis of chronic thyroiditis in the elderly women. These data confirm that in the elderly patients , often without symptoms, thyroid diseases are easily detected with US and with laboratory tests. Clinical evaluation it is very important , especially in elderly patients with amiodarone therapy and thyroid laboratory tests and US exam, both performed every 6 months , is the best diagnostic and management strategy in order US to made quickly appropriate diagnosis and to start adeguate therapy .