

THYROID CYST - SYMPTOMS, TREATMENT

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Abstract:

Thyroid cyst - causes, symptoms, treatment and prevention

Thyroid cyst is a disease characterized by the appearance of fluid-filled nodules. In order to identify them, doctors initially refer to the method of external examination and palpation. Cysts look like a dense nodule with water.

Thyroid cyst symptoms

Regardless of the part of the gland where the tumor is located, the symptoms are more characteristic in the late stages of the disease. The most noticeable of them is the sensation of having a foreign body in the throat. Such nodes can be identified by simple palpation with the help of hand.

Over time, in addition to the knots, the following symptoms begin to appear:

Breathing difficulties: the cyst puts pressure on the throat and thereby blocks the trachea;

Pain in the area where the cyst is located (may spread to the ear and jaw);

Discomfort and pain during swallowing;

In some cases, a change in voice timbre.

Reasons

Cysts in the thyroid gland, or in other words, nodes in the neck, appear for the following reasons:

Frequent stressful situations;

Psychoemotional disorder;

Long recovery after a serious illness;

Burn;

Hypothermia;

Hyperthermia;

Hyperactive functioning of the thyroid gland;



Increased or decreased production of thyroid hormones by the pituitary gland.

In addition, the cyst can develop under the influence of the following factors:

Lack of iodine;

Thyroid disease;

Various poisonings;

Hormonal background disorder;

Living in unfavorable ecological conditions;

Mechanical injuries of the thyroid gland;

Congenital pathologies in organ development and functioning;

Diagnosis

The diagnosis is made using the following studies:

Ultrasound examination;

MRT;

Biopsy - allows to determine the cells, the type of cyst and whether it is of bad or good quality;

Scintigraphy;

Blood test for thyrotropin.

Pneumography to determine the presence of metastases in other organs.

Treatment of thyroid cyst

If cysts or nodules in the neck appear due to iodine deficiency and are diagnosed as good quality, it is possible to treat them. In addition, it is possible to exclude the possibility that the cyst may cause serious disorders in the patient's body or cause an increase in the number of cysts. After the cyst cavity is emptied, special substances are introduced into it to prevent the cyst from drying out and recurring.

Therapy requires a comprehensive approach and includes:

Medications that control hormone levels;

Means that eliminate inflammation and help to normalize metabolism;

Anti-inflammatory drugs;

Means that improve blood circulation;

Antibiotics to prevent bacterial infection.



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