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The Vascular & Interventional Centre has an expert team of doctors well-versed in the current minimally invasive techniques and medical treatments. Our team of specialist doctors and staff strive to provide patients with holistic care in a fully integrated clinic and ambulatory surgery centre for a range of diseases.

Find out more @  
<https://www.sgvascularctr.com/>



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FINDING RELIEF FROM  
THYROID NODULES

VASCULAR & INTERVENTIONAL CENTRE  
SINGAPORE



## OUR TREATMENT

While surgical resection is the standard treatment for malignant nodules, benign nodules are usually monitored and if they grow in size, show abnormal features on an ultrasound scan or cause symptoms, then they should be treated. At the Vascular and Interventional Centre, we provide an alternative minimally-invasive treatment.

**Radiofrequency Ablation (RFA)** involves using radiofrequency waves to target the nodule via a small needle under ultrasound and X-ray fluoroscopy guidance. This results in the destruction of cells from within the nodules allowing it to shrink in size or become stable on follow-up. RFA preserves the thyroid tissue adjacent to the nodule.

## WHAT WOULD YOU EXPECT?

- This procedure is performed under light sedation, and patients are usually discharged on the same day from our centre.
- Minimal pain and discomfort.
- No surgical scar.
- Quick return to daily activities.

## WHO IS ELIGIBLE?

- Patients who are diagnosed with benign thyroid nodules.
- Patients who want to avoid invasive surgery.

To find out if the procedure is right for you, you may request a consultation with one of our doctors to help you understand your options and choose the best treatment.

## WHAT ARE THYROID NODULES?

**Thyroid nodules** are lumps of cells that can grow in the thyroid gland, which is located at the base of the neck. Thyroid nodules are relatively common and seen in approximately 30% of adults. In most cases, they are benign, meaning they are not harmful and cause few symptoms. In rare cases, thyroid nodules may become malignant (cancerous).

## WHAT ARE THE CAUSES AND RISK FACTORS?

Thyroid nodules are seen most commonly in women of older age. However, there are more specific risk factors, including:

- Heredity
- X-Ray previously performed on thyroid
- A previous thyroid cancer diagnosis
- Iodine Deficiency
- Thyroiditis and Hashimoto's Disease

## WHAT ARE THE SYMPTOMS?

Small, benign thyroid nodules often do not produce any symptoms. However, if they grow in size and/or become symptomatic, the individual may experience the following:

- Difficulty breathing
- Difficulty swallowing
- Goitre (enlargement of the thyroid gland)
- Pain around the base of the neck
- Hoarseness/change in voice

## HOW ARE THYROID NODULES DIAGNOSED?

- **Ultrasound scan** of the thyroid
- **Fine Needle Aspiration Sampling (FNAC)** to determine the nature of the nodule (whether it is benign or malignant).