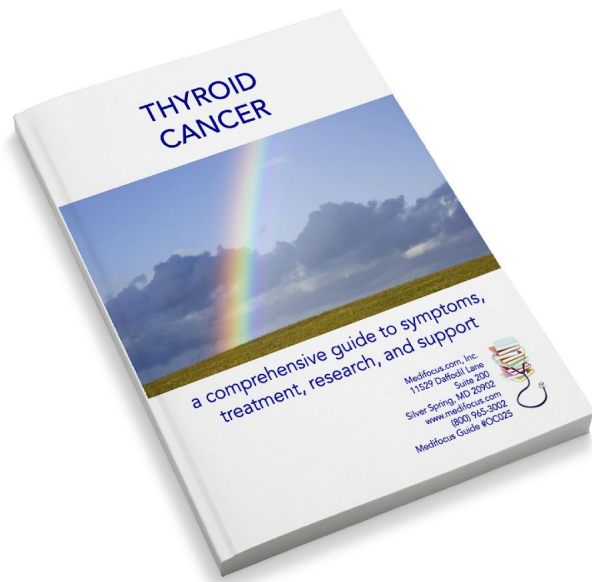


Preview of the Medifocus Guidebook on: Thyroid Cancer

Updated October 29, 2009



This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Thyroid Cancer**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

To purchase the COMPLETE Medifocus Guidebook on Thyroid Cancer (147 pages; Updated October 29, 2009), please:

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 - 800-965-3002 (United States)
 - 301-649-9300 (Outside the United States)
- Order online through our website:
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 - Mailed to you and bound for easy reading.
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1 - Background Information

Introduction

Chronic or life-threatening illnesses can have a devastating impact on both the patient and the family. In today's new world of medicine, many consumers have come to realize that they are the ones who are primarily responsible for their own health care as well as for the health care of their loved ones.

When facing a chronic or life-threatening illness, you need to become an educated consumer in order to make an informed health care decision. Essentially that means finding out everything about the illness - the treatment options, the doctors, and the hospitals - so that you can become an educated health care consumer and make the tough decisions. In the past, consumers would go to a library and read everything available about a particular illness or medical condition. In today's world, many turn to the Internet for their medical information needs.

The first sites visited are usually the well known health "portals" or disease organizations and support groups which contain a general overview of the condition for the layperson. That's a good start but soon all of the basic information is exhausted and the need for more advanced information still exists. What are the latest "cutting-edge" treatment options? What are the results of the most up-to-date clinical trials? Who are the most notable experts? Where are the top-ranked medical institutions and hospitals?

The best source for authoritative medical information in the United States is the National Library of Medicine's medical database called PubMed®, that indexes citations and abstracts (brief summaries) of over 7 million articles from more than 3,800 medical journals published worldwide. PubMed® was developed for medical professionals and is the primary source utilized by health care providers for keeping up with the latest advances in clinical medicine.

A typical PubMed® search for a specific disease or condition, however, usually retrieves hundreds or even thousands of "hits" of journal article citations. That's an avalanche of information that needs to be evaluated and transformed into truly useful knowledge. What are the most relevant journal articles? Which ones apply to your specific situation? Which articles are considered to be the most authoritative - the ones your physician would rely on in making clinical decisions? This is where *Medifocus.com* provides an effective solution.

Medifocus.com has developed an extensive library of *MediFocus Guidebooks* covering a wide spectrum of chronic and life threatening diseases. Each *MediFocus Guidebook* is a

high quality, up- to-date digest of "professional-level" medical information consisting of the most relevant citations and abstracts of journal articles published in authoritative, trustworthy medical journals. This information represents the latest advances known to modern medicine for the treatment and management of the condition, including published results from clinical trials. Each *Guidebook* also includes a valuable index of leading authors and medical institutions as well as a directory of disease organizations and support groups. *MediFocus Guidebooks* are reviewed, revised and updated every 4-months to ensure that you receive the latest and most up-to-date information about the specific condition.

About Your MediFocus Guidebook

Introduction

Your *MediFocus Guidebook* is a valuable resource that represents a comprehensive synthesis of the most up-to-date, advanced medical information published about the condition in well-respected, trustworthy medical journals. It is the same type of professional-level information used by physicians and other health-care professionals to keep abreast of the latest developments in biomedical research and clinical medicine. The *Guidebook* is intended for patients who have a need for more advanced, in-depth medical information than is generally available to consumers from a variety of other resources. The primary goal of a *MediFocus Guidebook* is to educate patients and their families about their treatment options so that they can make informed health-care decisions and become active participants in the medical decision making process.

The *Guidebook* production process involves a team of professionals with expertise in diverse areas including experienced medical database researchers and practicing physicians who serve as members of the *Medifocus.com* Medical Advisory Board (MAB). This team approach to the development and production of the *MediFocus Guidebooks* is designed to ensure the accuracy, completeness, and clinical relevance of the information. The *Guidebook* is intended to serve as a basis for more meaningful discussions between patients and their health-care providers in a joint effort to seek the most appropriate course of treatment for the disease.

Guidebook Organization and Content

Section 1 - Background Information

This section provides detailed information about the organization and content of the *Guidebook* including tips and suggestions for conducting additional research about the condition.

Section 2 - The Intelligent Patient Overview

This section of your *MediFocus Guidebook* represents a detailed overview of the disease or condition specifically written from the patient's perspective. It is designed to satisfy the basic informational needs of consumers and their families who are confronted with the illness and are facing difficult choices. Important aspects which are addressed in "The Intelligent Patient" section include:

- The etiology or cause of the disease
- Signs and symptoms
- How the condition is diagnosed
- The current standard of care for the disease

- Treatment options
- New developments
- Important questions to ask your health care provider

Section 3 - Guide to the Medical Literature

This is a roadmap to important and up-to-date medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest developments and breakthroughs in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new clinical developments, and advances in research. To facilitate your review and analysis of this information, the articles are grouped by specific categories. A typical *MediFocus Guidebook* usually contains one or more of the following article groupings:

- *Review Articles*: Articles included in this category are broad in scope and are intended to provide the reader with a detailed overview of the condition including such important aspects as its cause, diagnosis, treatment, and new advances.
- *General Interest Articles*: These articles are broad in scope and contain supplementary information about the condition that may be of interest to select groups of patients.
- *Drug Therapy*: Articles that provide information about the effectiveness of specific drugs or other biological agents for the treatment of the condition.
- *Surgical Therapy*: Articles that provide information about specific surgical treatments for the condition.
- *Clinical Trials*: Articles in this category summarize studies which compare the safety and efficacy of a new, experimental treatment modality to currently available standard treatments for the condition. In many cases, clinical trials represent the latest advances in the field and may be considered as being on the "cutting edge" of medicine. Some of these experimental treatments may have already been incorporated into clinical practice.

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Article title
- Author Name(s)
- Institution where the study was done

- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the corresponding URL address that is provided for each cited article. If you purchased a printed copy of a *MediFocus Guidebook*, you can still access the article abstracts online by entering the individual URL address for a particular article into your web browser.

Section 4 - Centers of Research

We've compiled a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of the specific medical condition. The "Centers of Research" directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of the condition.

Inclusion of the names of specific doctors, researchers, hospitals, medical centers, or research institutions in this *Guidebook* does not imply endorsement by Medifocus.com, Inc. or any of its affiliates. Consumers are encouraged to conduct additional research to identify health-care professionals, hospitals, and medical institutions with expertise in providing specific medical advice, guidance, and treatment for this condition.

Section 5 - Tips on Finding and Choosing a Doctor

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver high-level, quality medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it. This section of your *Guidebook* offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Section 6 - Directory of Organizations

This section of your *Guidebook* is a directory of select disease organizations and support groups that are in the business of helping patients and their families by providing access to information, resources, and services. Many of these organizations can answer your questions, enable you to network with other patients, and help you find a doctor in your geographical area who specializes in managing your condition.

2 - The Intelligent Patient Overview

THYROID CANCER

Introduction to Thyroid Cancer

The *endocrine system* consists of several organs and glands that produce specialized proteins called *hormones* that control and regulate the body's critical metabolic functions. The endocrine system is comprised of the following glands and organs:

- Pancreas - a gland located near the stomach that secretes digestive fluids into the intestine and also produces a hormone called *insulin* that helps control blood glucose levels.
- Pituitary gland - a gland located at the base of the brain that secretes a variety of hormones that control many body functions, including reproduction.
- Testes - male gonads that secrete the male hormone *testosterone* and also produce sperm.
- Ovaries - female sexual glands in which the eggs (*ova*) develop; the ovaries also produce the female hormones *estrogen* and *progesterone*.
- Parathyroid glands - four small kidney-shaped glands that lie in close proximity to the thyroid gland and produce a hormone called *parathyroid hormone* (PTH) that controls the amount of calcium in the body.
- Thyroid gland - a gland located below the voice box that produces thyroid hormones and helps regulate growth and metabolism.

The Thyroid Gland

The thyroid gland is located in the front part of the neck below the *larynx* (voice box) and just above the *clavicle* (collarbone). Its shape resembles that of a "bow tie" consisting of two *lobes* (right and left) that are joined together in the middle by the *isthmus*. The thyroid is one of the most important endocrine glands because it regulates the body's metabolism, growth, and development. The thyroid gland is composed of two types of cells:

- Follicular cells - Most of the thyroid consists of thyroid follicle cells that produce and store thyroid hormones called *thyroxine* (T4) and *triiodothyronine* (T3). The follicular cells also produce a protein called *thyroglobulin*.
- Parafollicular cells - Also known as "C cells", the parafollicular cells produce and secrete a

hormone called *calcitonin* that helps to regulate the levels of calcium in the body.

Disorders of the thyroid gland are relatively common and affect millions of people worldwide. In most cases, patients present to a doctor's office with classic symptoms suggestive of a thyroid disorder while in others a routine physical examination or a blood test will uncover a disorder of the thyroid gland. In general, disorders of the thyroid gland include:

- Hyperthyroidism
- Hypothyroidism
- Benign thyroid nodules
- Malignant thyroid tumors

Hyperthyroidism

Hyperthyroidism is caused by an "overactive" thyroid with the overproduction of thyroid hormones resulting in an increased rate of body metabolism. The most common signs and symptoms of hyperthyroidism include nervousness, irritability, excessive sweating, hand tremors, and rapid heartbeat. The most common condition associated with hyperthyroidism is *Graves' disease* - an autoimmune disease in which the body produces antibodies that stimulate the thyroid gland to produce excessive amounts of thyroid hormones.

Hypothyroidism

In hypothyroidism, also called "underactive thyroid", the thyroid gland produces abnormally low levels of thyroid hormones. Although symptoms of hypothyroidism are usually very subtle, severe hypothyroidism can cause *myxedema* - a condition characterized by thick, dry skin and coarse facial features. The most common cause of hypothyroidism is *Hashimoto's thyroiditis* - an autoimmune disorder in which the body produces antibodies that attack the thyroid gland and cause it to *underproduce* thyroid hormone. Hypothyroidism can also occur as a side-effect of treatment for thyroid cancer with surgery and radioactive iodine therapy. It can also occur when the head and neck region is radiated to treat other cancers such as lymphomas, especially in children and adolescents.

Benign Thyroid Nodules

Benign thyroid nodules are non-cancerous thyroid tumors that develop from thyroid follicular cells. Approximately 90% of all thyroid nodules that are discovered are benign. Examples of benign thyroid nodules include *hyperplastic nodules* and *thyroid adenomas*. Although these types of thyroid nodules are not cancerous, they do secrete thyroid hormones that can lead to hyperthyroidism. In some cases, surgical removal of thyroid nodules may be necessary to stop the excess production of thyroid hormones and control the symptoms of hyperthyroidism.

Malignant Thyroid Tumors

Fortunately, only about 5 to 10% of thyroid nodules are malignant (cancerous) and have the potential of invading tissue located near the thyroid gland and/or spreading to distant sites in the body. In general, there are four different types of malignant thyroid tumors:

- Papillary thyroid carcinoma
- Follicular thyroid carcinoma
- Anaplastic thyroid carcinoma
- Medullary thyroid carcinoma

Papillary Thyroid Carcinoma

Papillary thyroid carcinoma is the most common type of thyroid cancer representing about 65% to 85% of all cases. This type of cancer affects women more than men. Papillary thyroid carcinoma is typically a slow-growing tumor and in about 90% of cases only affects one lobe of the thyroid gland. In general, treatment for papillary thyroid carcinoma usually involves surgery to remove the thyroid gland (*thyroidectomy*), radioactive iodine therapy, and thyroid hormone replacement therapy.

Follicular Thyroid Carcinoma

Follicular thyroid carcinoma is the second most common type of thyroid cancer accounting for up to 15% of cases. This is a more aggressive form of thyroid cancer than papillary thyroid carcinoma and has a tendency to invade nearby tissue and/or spread to distant sites. In general, the treatment for follicular thyroid carcinoma is the same as that for papillary thyroid carcinoma.

Papillary thyroid carcinoma and follicular thyroid carcinoma are often grouped together and referred to in the medical literature as "differentiated thyroid cancer" or "well-differentiated thyroid cancer". Over 90% of all thyroid cancers are papillary and follicular thyroid carcinomas.

Anaplastic Thyroid Carcinoma

Anaplastic thyroid carcinoma is a very rare form of thyroid cancer representing only about 1% of all cases. Typically, this type of thyroid cancer occurs in elderly women. Anaplastic thyroid carcinoma is a very aggressive cancer that spreads to the neck and other areas of the body. This type of thyroid cancer is usually associated with a poor prognosis (outlook) with a 1-year survival rate of only about 20%. In general, treatment of anaplastic thyroid carcinoma involves surgery, chemotherapy, and radiation therapy.

Medullary Thyroid Carcinoma

Medullary thyroid carcinoma (MTC) is also a rare form of thyroid cancer and accounts for about 5% of all cases. Medullary thyroid carcinoma originates from the C cells of the thyroid gland that produce calcitonin. Consequently, the blood levels of calcitonin hormone are elevated in patients with MTC. This type of thyroid cancer tends to invade the lymphatic system and spread to other areas of the body.

Two distinct forms of MTC have been identified called *sporadic MTC* and *familial MTC*. Sporadic MTC is the most common form of MTC (80% of all cases) and does not run in families meaning that children do not inherit this cancer from their parents. Familial MTC, as the name implies, runs in families and a genetic test is available to screen children to see if they have inherited the

disease. In some cases, patients with familial MTC may develop tumors in other endocrine glands such as the adrenal gland and parathyroid glands - a condition known as *multiple endocrine neoplasia type 2* (MEN 2). In general, the treatment for medullary thyroid cancer is surgery to remove the thyroid gland. This type of thyroid cancer does not respond to radioactive iodine therapy. Additional surgery may be necessary if the cancer has spread to other organs.

Risk Factors for Thyroid Cancer

Thyroid cancer is the most common of all cancers that involve the endocrine system. According to the American Cancer Society, approximately 26,000 new cases of thyroid cancer are diagnosed in the United States each year. For reasons that are not completely understood, the incidence of thyroid cancer has nearly doubled over the past 20 years. Numerous studies have shown that thyroid cancer develops 2 to 4 times more frequently in women than men suggesting that female hormones (estrogens) and the hormonal changes that occur during pregnancy may predispose women to thyroid cancer. Over 90% of all thyroid cancers are *differentiated thyroid carcinomas* (papillary or follicular thyroid carcinoma). Medullary thyroid carcinoma and anaplastic thyroid carcinoma occur much less frequently and represent only 5% and 1% of cases, respectively.

A risk factor is anything that increases a person's chances for developing a particular disease, such as cancer. Risk factors for thyroid cancer include:

- Female gender - Thyroid cancer occurs about 2 to 4 times more frequently in women than men.
- Age - Although thyroid cancer can also occur in children and adolescents, most cases of differentiated thyroid cancer occur in adults between the ages of 30 and 50.
- Genetic factors - Although most cases of thyroid cancer are not inherited, familial medullary thyroid carcinoma is an inherited form of thyroid cancer that runs in families. This type of thyroid cancer can be passed-on from parents to their offspring through the genes.
- Low iodine intake - The incidence of differentiated thyroid cancer is higher in some parts of the world where dietary intake of iodine is low. In the U.S. and other developed countries, certain foods (e.g., salt) are supplemented with iodine to ensure an adequate dietary intake of iodine.
- Geographic variation - The incidence of thyroid cancer in Iceland and Hawaii is almost two times higher than in Northern Europe, Canada, or the United States. The reasons for this are not known but may be due to as yet unidentified environmental factors.
- Radiation exposure - In the past, before the risks associated with radiation treatment were fully realized, children with certain benign conditions, such as enlarged tonsils or adenoids, would be treated with radiation. Subsequent studies demonstrated a link between childhood radiation exposure and the development of differentiated thyroid carcinoma. Radiation therapy in adults, however, has not been identified as a major risk factor for thyroid cancer. Radiation exposure among atomic bomb survivors in Japan and survivors of the nuclear

reactor accident in Chernobyl has also been linked to a higher incidence of thyroid cancer.

What Causes Thyroid Cancer?

Although scientists have discovered certain risk factors that may predispose individuals to the development of thyroid cancer, the exact cause of thyroid cancer remains unknown. Scientists have speculated that most cancers, including thyroid cancer, develop as a result of genetic mutations (abnormalities) that occur as the body's cells divide and grow. For example, specific genetic mutations known as *Ras mutations* have been found in benign thyroid nodules as well as in malignant thyroid tumors. Mutations of a gene called the *RET oncogene* have also been identified in patients with medullary thyroid carcinoma.

The **Intelligent Patient Overview** in the complete **Medifocus Guidebook on Thyroid Cancer** also includes the following additional sections:

- **Diagnosis of Thyroid Cancer**
- **Treatment of Differentiated Thyroid Cancer**
- **Treatment of Medullary Thyroid Carcinoma**
- **Treatment of Anaplastic Thyroid Carcinoma**
- **Prognosis for Thyroid Cancer**
- **The Role of Complementary and Alternative Therapies in Cancer**
- **Quality of Life Issues in Cancer**
- **Questions to Ask Your Doctor about Thyroid Cancer**

To Order the Complete **Guidebook on Thyroid Cancer** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

3 - Guide to the Medical Literature

Introduction

This section of your *MediFocus Guidebook* is a comprehensive bibliography of important recent medical literature published about the condition from authoritative, trustworthy medical journals. This is the same information that is used by physicians and researchers to keep up with the latest advances in clinical medicine and biomedical research. A broad spectrum of articles is included in each *MediFocus Guidebook* to provide information about standard treatments, treatment options, new developments, and advances in research.

To facilitate your review and analysis of this information, the articles in this *MediFocus Guidebook* are grouped in the following categories:

- Review Articles - 40 Articles
- General Interest Articles - 18 Articles
- Surgical Therapy Articles - 18 Articles
- Clinical Trials Articles - 13 Articles
- Radioiodine Therapy Articles - 7 Articles
- Medullary Thyroid Carcinoma Articles - 11 Articles
- Differentiated Thyroid Carcinoma Articles - 27 Articles
- Anaplastic Thyroid Carcinoma Articles - 8 Articles
- Papillary Thyroid Carcinoma Articles - 31 Articles

The following information is provided for each of the articles referenced in this section of your *MediFocus Guidebook*:

- Title of the article
- Name of the authors
- Institution where the study was done
- Journal reference (Volume, page numbers, year of publication)
- Link to Abstract (brief summary of the actual article)

Linking to Abstracts: Most of the medical journal articles referenced in this section of your *MediFocus Guidebook* include an abstract (brief summary of the actual article) that can be accessed online via the National Library of Medicine's PubMed® database. You can easily access the individual abstracts online via PubMed® from the "electronic" format of your *MediFocus Guidebook* by clicking on the URI that is provided for each cited article. If you purchased a printed copy of the *MediFocus Guidebook*, you can still access the abstracts online by entering the individual URI for a particular abstract into your computer's web browser.

Recent Literature: What Your Doctor Reads

Database: PubMed <January 2007 to October 2009>

Review Articles

1.

Systematic review and meta-analysis of the adverse effects of thyroidectomy combined with central neck dissection as compared with thyroidectomy alone.

Authors: Chisholm EJ; Kulinskaya E; Tolley NS
Institution: Department of ENT and Thyroid Surgery, St. Mary's Hospital, Imperial College Hospitals NHS Trust, London, UK. edwardchisholm@doctors.org.uk
Journal: Laryngoscope. 2009 Jun;119(6):1135-9.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=OC025&ID=19358241>

2.

Risk factors for thyroid cancer: an epidemiological review focused on nutritional factors.

Authors: Dal Maso L; Bosetti C; La Vecchia C; Franceschi S
Institution: Unita di Epidemiologia e Biostatistica, Centro di Riferimento Oncologico, Via F. Gallini 2, Aviano (PN), 33081, Italy. epidemiology@cro.it
Journal: Cancer Causes Control. 2009 Feb;20(1):75-86. Epub 2008 Sep 3.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=OC025&ID=18766448>

3.

An update on papillary microcarcinoma.

Authors: Grodski S; Delbridge L
Institution: Monash University Endocrine Surgery Unit, The Alfred Hospital, Melbourne, Australia.
Journal: Curr Opin Oncol. 2009 Jan;21(1):1-4.
Abstract Link: <http://www.medifocus.com/abstracts.php?gid=OC025&ID=19125011>

The **Guide to the Medical Literature** in the complete **Medifocus Guidebook on Thyroid Cancer** includes the following sections:

- Review Articles - 40 Articles
- General Interest Articles - 18 Articles
- Surgical Therapy Articles - 18 Articles
- Clinical Trials Articles - 13 Articles
- Radioiodine Therapy Articles - 7 Articles
- Medullary Thyroid Carcinoma Articles - 11 Articles
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- Anaplastic Thyroid Carcinoma Articles - 8 Articles
- Papillary Thyroid Carcinoma Articles - 31 Articles

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4 - Centers of Research

This section of your *MediFocus Guidebook* is a unique directory of doctors, researchers, medical centers, and research institutions with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition. The *Centers of Research* directory is a valuable resource for quickly identifying and locating leading medical authorities and medical institutions within the United States and other countries that are considered to be at the forefront in clinical research and treatment of this disorder.

Use the *Centers of Research* directory to contact, consult, or network with leading experts in the field and to locate a hospital or medical center that can help you.

The following information is provided in the *Centers of Research* directory:

- **Geographic Location**

- United States: the information is divided by individual states listed in alphabetical order. Not all states may be included.
- Other Countries: information is presented for select countries worldwide listed in alphabetical order. Not all countries may be included.

- **Names of Authors**

- Select names of individual authors (doctors, researchers, or other health-care professionals) with specialized research interest, and in many cases, clinical expertise in the management of this specific medical condition, who have recently published articles in leading medical journals about the condition.
- E-mail addresses for individual authors, if listed on their specific publications, is also provided.

- **Institutional Affiliations**

- Next to each individual author's name is their **institutional affiliation** (hospital, medical center, or research institution) where the study was conducted as listed in their publication(s).
- In many cases, information about the specific **department** within the medical institution where the individual author was located at the time the study was conducted is also provided.

Centers of Research

United States

AL - Alabama

Name of Author

Modarresifar H

Institutional Affiliation

Department of Radiation Oncology, University of Alabama at Birmingham, 1824 6th Avenue South, Spain Wallace Cancer Center, 1st Floor, Room T-110, Birmingham, AL 35233, USA. sepahan@myway.com

Ojha B

Department of Radiation Oncology, University of Alabama at Birmingham, 1824 6th Avenue South, Spain Wallace Cancer Center, 1st Floor, Room T-110, Birmingham, AL 35233, USA. sepahan@myway.com

AZ - Arizona

Name of Author

Nguyen BD

Institutional Affiliation

Department of Radiology, Mayo Clinic, Scottsdale, AZ 85259, USA. nguyen.ba@mayo.edu

Ram PC

Department of Radiology, Mayo Clinic, Scottsdale, AZ 85259, USA. nguyen.ba@mayo.edu

CA - California

Name of Author

Clark OH

Institutional Affiliation

University of California San Francisco Department of Surgery, UCSF Comprehensive Cancer Center at Mount Zion, z1600 Divisadero Street, Hellman Building, Room C-347, San Francisco, California, clarko@surgery.ucsf.edu.

Ellenhorn JD

Department of General Oncologic Surgery, City of Hope National Medical Center, Duarte, California.

Hasteh F

Department of Pathology, University of California, San Diego, California 92103-8720, USA.

Kebebew E

Department of Surgery, University of California, San Francisco, USA.

The **Centers of Research** in the complete **Medifocus Guidebook on Thyroid Cancer** includes the following sections:

- Centers of Research for relevant states in the United States
- Centers of Research listed for relevant countries outside the United States

To Order the Complete **Guidebook on Thyroid Cancer** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

5 - Tips on Finding and Choosing a Doctor

Introduction

One of the most important decisions confronting patients who have been diagnosed with a serious medical condition is finding and choosing a qualified physician who will deliver a high level and quality of medical care in accordance with currently accepted guidelines and standards of care. Finding the "best" doctor to manage your condition, however, can be a frustrating and time-consuming experience unless you know what you are looking for and how to go about finding it.

The process of finding and choosing a physician to manage your specific illness or condition is, in some respects, analogous to the process of making a decision about whether or not to invest in a particular stock or mutual fund. After all, you wouldn't invest your hard earned money in a stock or mutual fund without first doing exhaustive research about the stock or fund's past performance, current financial status, and projected future earnings. More than likely you would spend a considerable amount of time and energy doing your own research and consulting with your stock broker before making an informed decision about investing. The same general principle applies to the process of finding and choosing a physician. Although the process requires a considerable investment in terms of both time and energy, the potential payoff can be well worth it--after all, what can be more important than your health and well-being?

This section of your Guidebook offers important tips for how to find physicians as well as suggestions for how to make informed choices about choosing a doctor who is right for you.

Tips for Finding Physicians

Finding a highly qualified, competent, and compassionate physician to manage your specific illness or condition takes a lot of hard work and energy but is an investment that is well-worth the effort. It is important to keep in mind that you are not looking for just any general physician but rather for a physician who has expertise in the treatment and management of your specific illness or condition. Here are some suggestions for where you can turn to identify and locate physicians who specialize in managing your disorder:

- **Your Doctor** - Your family physician (family medicine or internal medicine specialist) is a good starting point for finding a physician who specializes in your illness. Chances are that your doctor already knows several specialists in your geographic area who specialize in your illness and can recommend several names to you. Your doctor can also provide you with information about their qualifications, training, and hospital affiliations.

The **Tips on Finding and Choosing a Doctor** in the complete **Medifocus Guidebook on Thyroid Cancer** includes additional information that will assist you in locating a highly qualified and competent physician to manage your specific illness.

To Order the Complete **Guidebook on Thyroid Cancer** [Click Here](#)
Or Call 800-965-3002 (USA) or 301-649-9300 (Outside USA)

6 - Directory of Organizations

American Academy of Otolaryngology - Head & Neck Surgery

1 Prince Street; Alexandria, VA 22314

703.836.4444

www.entnet.org

American Association of Clinical Endocrinologists

245 Riverside Ave, Suite 200 Jacksonville, FL 32202

904.353.7878

-

www.aace.com

American Cancer Society

1599 Clifton Rd. NE; Atlanta, GA 30329-4251

800-227-2345; 404.486.0100

www.cancer.org

American Thyroid Association

6066 Leesburg Pike; Suite 550; Falls Church, VA 22041

703 998-8890

thyroid@thyroid.org

www.thyroid.org

Association of Cancer Online Resources

www.acor.org

Cancer Care

275 Seventh Avenue; New York, New York 10001

800.813.4673

www.cancercare.org

Cancer Caring Center

4117 Liberty Avenue; Pittsburgh, PA 15224

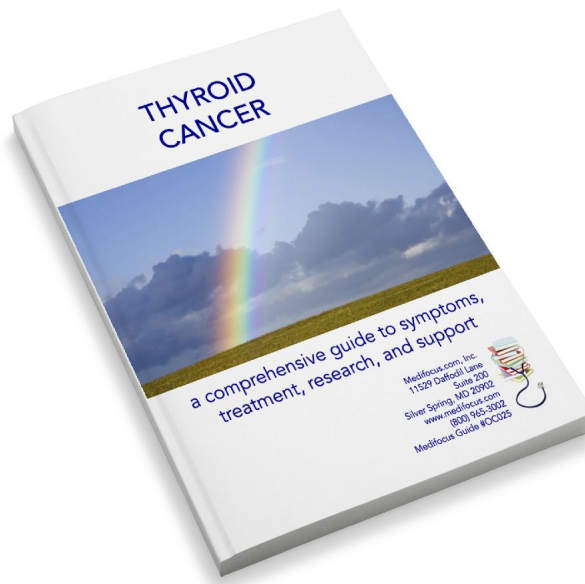
412.622.1212

info@cancercaring.org

www.cancercaring.org

The **Directory of Organizations** in the complete **Medifocus Guidebook on Thyroid Cancer** includes a list of selected disease organizations and support groups that are helping people diagnosed with Thyroid Cancer.

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This document is only a SHORT PREVIEW of the **Medifocus Guidebook on Thyroid Cancer**. It is intended primarily to give you a general overview of the **format and structure** of the Guidebook as well as select pages from each major Guidebook section listed in the Table of Contents.

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