

Thyroid Surgeries in a Single Centre, 2010-2014

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Background: Thyroid surgery is the preferred modality of treatment in malignant and benign thyroid disease including papillary thyroid cancer and multinodular goiter.

Objective: To describe the epidemiology of surgically treated thyroid disease in a single center, the cytological and histological patterns and assess the sensitivity and specificity of fine-needle aspiration cytology (FNAC) in diagnosing thyroid nodules with malignant potentials.

Design: A Retrospective Study.

Setting: Department of Surgery, Salmaniya Medical Complex, Kingdom of Bahrain.

Method: Data was collected for all thyroid surgeries performed from 1 January 2010 to 30 December 2014, including preoperative FNAC and postoperative histopathology reports.

Result: Two hundred surgeries were performed during the study period. One hundred thirty-two (66%) were benign, and 68 (34%) were malignant. Nodular goiter was the most common benign pathology, 98 (74.2%), and papillary thyroid cancer constituted 63 (92.6%) of all thyroid malignancies. The mean age of patients was 42 years (17-88), with a female predominance 166 (82.9%) observed in both benign and malignant pathologies.

Conclusion: Thyroid surgeries were most commonly performed for benign pathologies, and papillary thyroid cancer was the most frequent histopathological type of thyroid carcinoma. The pattern is similar to that of other GCC populations. In our unit, FNAC was a reliable tool in pre-operative diagnosis.