

Pattern of Thyroid Diseases - A Histopathological Study

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Objective: The aim of this study is to describe the clinicopathological findings of thyroidectomy specimens.

Setting: Bahrain Defence Force Royal Medical Services Hospital – Bahrain.

Design: Retrospective Study.

Method: This is a study of all cases of thyroidectomy specimens diagnosed from January 2000 to December 2004; all histology reports, clinical information and stained slides were reviewed. Thyroid diseases were grouped into different categories according to gender and age distribution.

Result: One hundred and ten cases of thyroidectomy specimens were found, 84 females and 26 males with female: male ratio 3.2:1. Fifty cases (45.5%) of Nodular goiter were seen, it was the most common thyroid disease followed by malignancy 26 (24%), follicular adenoma 17 (15.5%), primary thyrotoxicosis 9 (8%) and Hashimoto's thyroiditis 8 (7%). Age range for colloid goiter was 19-67, malignancy 21-82, follicular adenoma 20-69, primary thyrotoxicosis 20-42 and Hashimoto's thyroiditis 20-56. Colloid goiter had a peak at age group 31-40 years. Papillary carcinoma was the commonest malignant thyroid tumour (25 cases). All cases of Hashimoto's thyroiditis were females (100%). Primary thyrotoxicosis was the only thyroid disease with male: female ratio 2:1.

Conclusion: In this study, Thyroid malignancy accounted for 24% of patients with thyroid swelling who underwent surgery. Identification of thyroid malignancy requires proper diagnostic tools including ultrasonography, reliable FNAC technique and proper pathological examination.

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