Practical Approach to Thyroid Nodules

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Almost Certainly Benign

No FNA

Cysts with bright echo
Cystic nodule
Sponge-like nodule
Cystic with debris
Large cystic nodule with septations
Cystic nodule with debris
Multiple isoechoic similar nodules (multinodular goiter)
Multiple discrete solid hypoechoic nodules with coarse parenchymal septations (Hashimoto's Thyroiditis)

Indeterminate

Solid with cystic component
Cystic with mural nodule
Solid, homogenous with thin halo
Solid, homogenous

For Indeterminate Nodules
Additional Relevant Factors That Would Encourage FNA

- Family history of thyroid CA
- Previous radiation exposure
- Younger age
- Larger size of nodule

Worrisome for Malignant

FNA

Solid with irregular margins
Solid with micro Ca+
Solid with micro Ca+
Fine and coarse Ca+
Solid with Coarse Ca+
Cystic with solid elements and Ca++
Solid with micro and peripheral Ca++

This approach has been effective for majority of patients with thyroid nodules in our practice. Color Doppler may be helpful in selected cases.