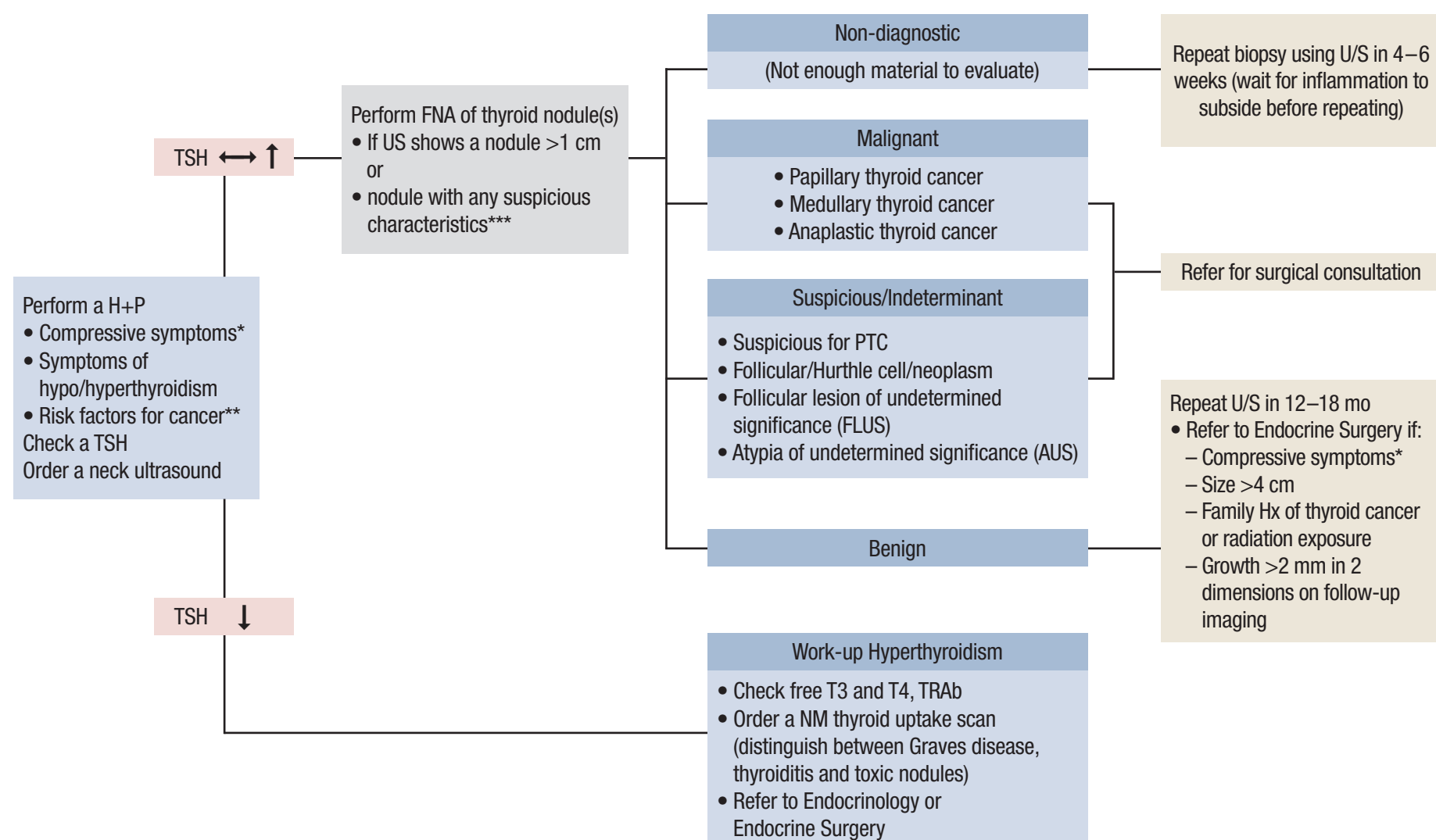


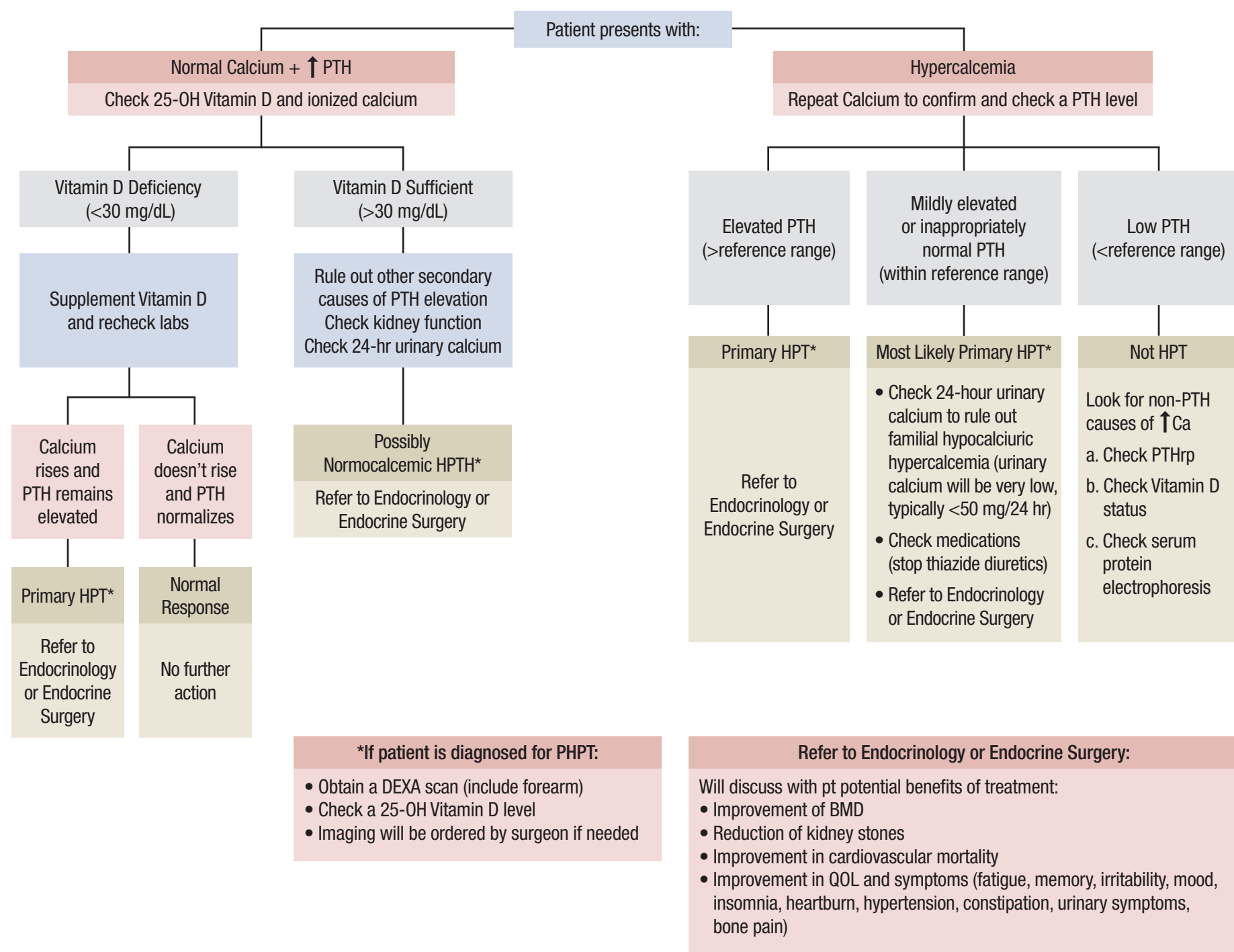
Evaluating Thyroid, Parathyroid and Adrenal Conditions

EVALUATION OF A NEW THYROID NODULE



*Compressive symptoms: pressure, difficulty swallowing, voice changes SOB or snoring
 **Risks for cancer: family Hx, radiation exposure
 ***Suspicious U/S findings: microcalcifications, irregular margins, hypoechoic, hypervascular

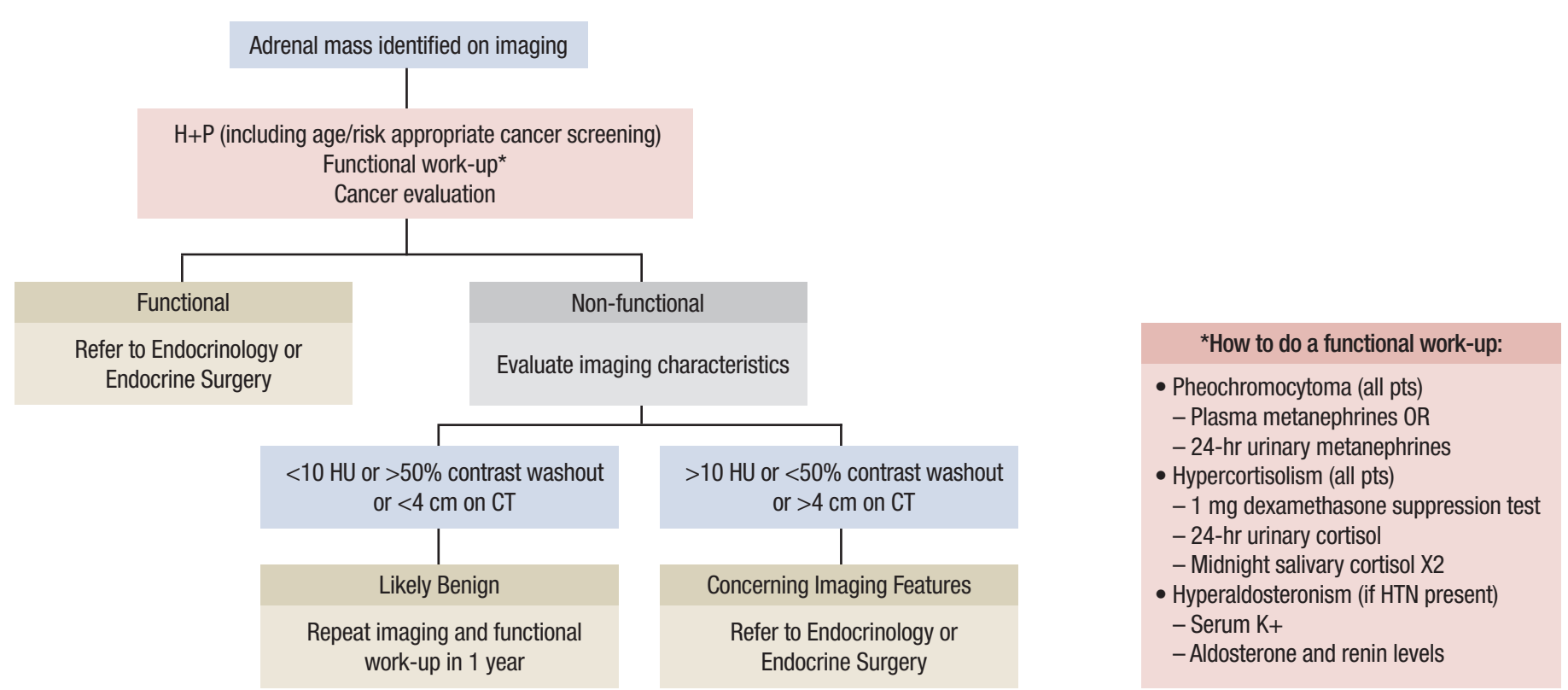
PRIMARY HYPERPARATHYROIDISM DIAGNOSTIC TOOL



*If patient is diagnosed for PHPT:
 • Obtain a DEXA scan (include forearm)
 • Check a 25-OH Vitamin D level
 • Imaging will be ordered by surgeon if needed

Refer to Endocrinology or Endocrine Surgery:
 Will discuss with pt potential benefits of treatment:
 • Improvement of BMD
 • Reduction of kidney stones
 • Improvement in cardiovascular mortality
 • Improvement in QOL and symptoms (fatigue, memory, irritability, mood, insomnia, heartburn, hypertension, constipation, urinary symptoms, bone pain)

ADRENAL INCIDENTALOMA DIAGNOSTIC TOOL



*How to do a functional work-up:
 • Pheochromocytoma (all pts)
 – Plasma metanephrines OR
 – 24-hr urinary metanephrines
 • Hypercortisolism (all pts)
 – 1 mg dexamethasone suppression test
 – 24-hr urinary cortisol
 – Midnight salivary cortisol X2
 • Hyperaldosteronism (if HTN present)
 – Serum K+
 – Aldosterone and renin levels

To refer a patient, please call (608) 262-2249