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*Endocrine Abstracts* (2017) **49** EP1286 | DOI: [10.1530/endoabs.49.EP1286](https://doi.org/10.1530/endoabs.49.EP1286)

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## Radiofrequency ablation for benign thyroid nodules: 450 patients - three years follow-up

Viacheslav Solovov , Aleksandr Makhonin , Mikhail Vozdvizhenskiy & Andrew Orlov



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**Purpose:** The objective of this study was to evaluate the efficacy and safety of ultrasound (US)-guided radiofrequency ablation (RFA) for

treating of benign thyroid nodules.

**Material and methods:** The retrospective analysis included the results of treatment of 450 patients with benign tumors of the thyroid gland in the Samara Oncology Center. 91 (20.2%) patients had autonomously functioning thyroid nodules and 359 (79.8%) had symptomatic ones. The mean volume of nodule was 33.5 (4.1–179.5).


**Results:** RFA reduced nodular volume by 70% after 6 months, 84% after 36 months and it was an effective method for treating nodule-related clinical problems and hot nodules. 47 (10.4%) patients with big nodule volume underwent 2–6 sessions of RFA. Cosmetic results were excellent in 96% of patients in the RFA group. No serious complications such as thyroiditis, voice change, and hematomas were observed in RFA patients.

**Conclusion:** RFA was effective and safe for treating benign thyroid nodules. RFA might be recommended for treating benign thyroid nodules as the first-line treatment.

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### Endocrine Abstracts

ISSN 1470-3947 (print) | ISSN 1479-6848 (online)

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