

Thyroid diseases

can be effectively treated with medications and/or surgery. It is important to check with reliable sources such as hospital sites or peer-reviewed publications for more information. One should always see a doctor to get advice and treatment for thyroid diseases.



- 1 National University Cancer Institute Singapore
- 2 National University Heart Centre Singapore
- 3 Khoo Teck Puat – National University Children’s Medical Institute (NUHKids) (via Kent Ridge Wing Level 2)
- Kent Ridge MRT Station @ Level 1
- A Linkway @ Level 1 via MRT station (Exit A)
- B Linkway @ Level 1
- C Linkway @ Level 4
- D Linkway @ Level 1
- E Linkway @ Level 2
- TAXI Taxi Stand / Drop-Off
- Drop-off Point
- Bus Stop
- Carpark

Nearest MRT Station: Kent Ridge (Circle Line)
 National University Hospital
 5 Lower Kent Ridge Road, Singapore 119074
 Tel: (65) 6779 5555
 Website: www.nuh.com.sg
 Company Registration No. 198500843R

Surgical Specialists Centre
 NUH Medical Centre Level 15
 Email: surgical_specialists_centre@nuhs.edu.sg

University Surgical Centre
 Kent Ridge Wing Level 5
 Email: usc@nuhs.edu.sg
 Appointment Line: (65) 6772 2002

Opening Hours:
 Monday to Friday: 8:30am - 5:30pm
 Closed on Sat, Sun & Public Holidays

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Misconceptions of Thyroid Diseases

There are many myths about thyroid diseases and how they are treated. Many of the treatments found online are not the “standards of care”. Here, we dispel some common myths about thyroid diseases.

Thyroid lumps are very common and up to 30% of all adults will have them. 90% of these lumps are benign and need to be investigated with ultrasound. On the other hand, high thyroid hormones (hyperthyroidism) or low thyroid hormones (hypothyroidism) need to be treated with medications at the initial stage.

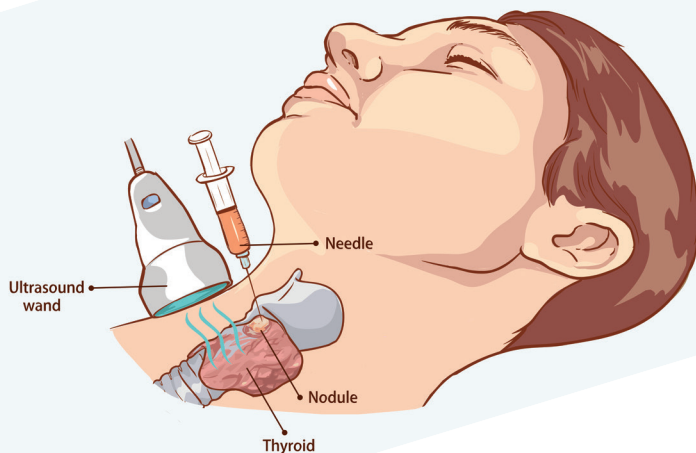
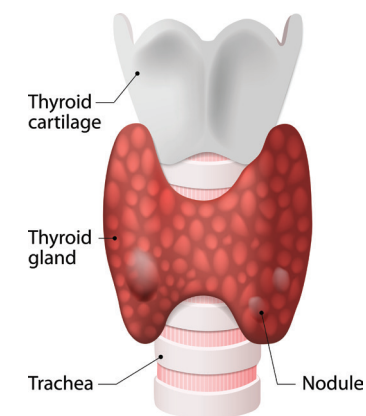
1. All Thyroid Nodules Are Cancerous

Although thyroid nodules are common, only 10% of thyroid nodules are cancerous. Bedside tests such as ultrasound and fine needle aspiration cytology are performed to help diagnose thyroid cancer.

2. A Needle Biopsy Can Cause Cancer

A fine needle aspiration cytology is the most accurate way to diagnose thyroid cancer, but it does not cause thyroid cancer nor spread it.

condition called Grave’s disease. Usually, thyroid nodules are not the cause of hyperthyroidism. The treatment for hyperthyroidism is medication, and further scans and tests to correctly diagnose any incidental thyroid lumps.



4. No Pain Means No Cancer

Thyroid nodules that are cancerous are usually not associated with pain. While early thyroid cancer may not present any symptoms, advanced thyroid cancer symptoms include a change in one’s voice, difficulty swallowing or breathing.

5. Thyroid Cancer Is Associated With Hyperthyroidism

Thyroid cancer is not commonly seen in conjunction with abnormal functions of the thyroid gland. Abnormal functions of the thyroid gland (high thyroid test results or low thyroid test results) will usually require treatment to control and stabilise the changes in function.

3. A “High Thyroid” Test Result Is Caused By Thyroid Nodules

“High thyroid” blood test, or hyperthyroidism, is caused by an excessive production of thyroxine by the thyroid gland. Most often, it is caused by a