

Thyroid disorders are a rising global problem. Broadly speaking, they may be medical or surgical thyroid disease. Medical thyroid disease simply implies a disturbance in the thyroid hormones levels in the blood. If undetected, the patients can suffer from undiagnosed long-standing weakness, joint pains and overall poor quality of life. Therefore, there should be increased awareness amongst physicians to detect and adequately treat deficiencies of the thyroid gland.

Surgery for thyroid may be indicated for thyroid cancers or non-malignant goitrous enlargement of thyroid gland causing compression or cosmetic disfigurement to the patients. There have been great advancements in the diagnostic and surgical armamentarium in recent times. Advanced imaging techniques and molecular biology-oriented diagnostics have improved pre-operative detection of malignancy in thyroid nodules, thus ensuring appropriate surgery where required and at the same time obviating unnecessary surgeries. Minimally invasive approaches such as robotic/ endoscopic thyroidectomy have made possible a 'scarless thyroid surgery' to be performed in most parts of the world.

By and large "Thyroid cancers are good cancers!" If detected early, majority of these do not have any adverse effect on survival. The basic biology of the disease is such that it doesn't cause threat to life. However, complications including requirement of calcium medications either temporarily or permanently and rarely voice change due to damage of adjoining nerves makes thyroid an extremely skillful and intricate surgery. The onus rests on the surgeons to ensure that they strike a balance between ensuring adequate disease removal without unwarranted morbidity.

The Indian Society of Thyroid Surgeons is our national organization dedicated to creating awareness regarding thyroid disorders, sharing knowledge through multiple platforms including recent advances and evidence-based medicine practices. Most importantly, it promotes training of young surgeons in the nuances of thyroid disease management thereby ensuring better care to our patients. We encourage all fraternities of medicine and our patients, care-givers alike to join us in this mission to ensure quality care for thyroid disorders in India!