## 04 MAIN SYMPTOMS

- A nodule or a painless lump in the neck area which grows slowly
- Hoarseness in voice which lasts longer than a few weeks
- In rare occasions, a thyroid lump might put pressure on the esophagus and create a difficulty in swallowing

## 05 TREATMENT

Early detection and personalized cancer treatment by a multidisciplinary team of health professionals offers a better monitoring of the cancer and increases survival rates in patients.

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Together in Life

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PASYKAF
THE CYPRUS ASSOCIATION OF CANCER PATIENTS & FRIENDS

# THYROID CANCER

It does not discriminate people.
Prevent it now!

allwyn
YOUR PROUD SUPPORTER

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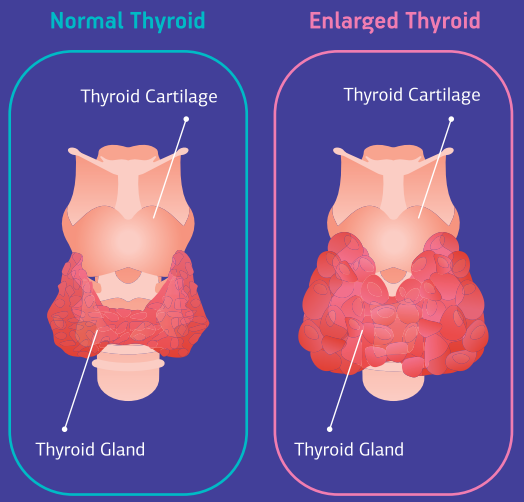
# THYROID CANCER

**2nd** most common cancer type in Cypriot women

**6th** most common cancer type in Cypriot men

It usually affects people around the ages of **35-59** years old

Source: Cyprus Cancer Registry 1998-2021




**Thyroid Cancer has a good 5-year survival rate.**

The early detection of thyroid nodules and the regular monitoring by a doctor is the basic element for ensuring better treatment results.

## 01

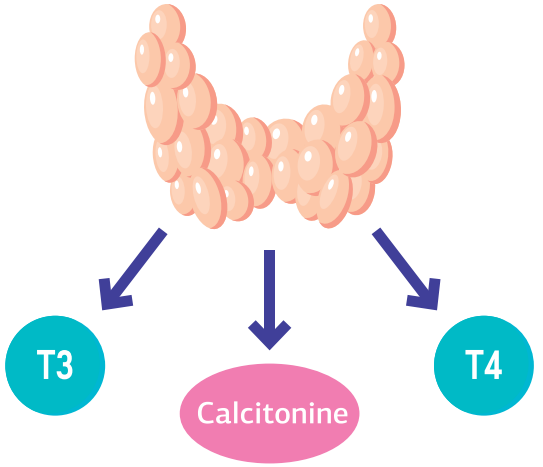
## What do we know about thyroid cancer?

The thyroid gland is one of the most important glands in the human body. It was named after its morphology and shape, which looks like a shield (thyos), and it is located in the front of the neck and just below the windpipe (trachea).

The main function of the thyroid gland is the production and release of different hormones in the human body.

The hormones produced by the thyroid gland are thyroxine or tetra iodothyronine (T4), or triiodothyronine (T3) and the calcitonin. The main function of T3 and T4 is to regulate the metabolism of all the human body tissues. Respectively, calcitonin is responsible for the regulation and decrease of calcium levels in blood.

The most indispensable component for the production of thyroid hormones (T3 and T4) is iodine, which is mostly concentrated in the thyroid gland.




## 02 RISK FACTORS

- Head or neck radiation treatments, especially during childhood
- Exposure in radiation
- Family history of thyroid gland
- Age, 40s and over
- Benign thyroid disease
- Obesity
- Lack of Iodine

## 03 PREVENTION

### Learn to check your neck

*A self-check in the neck area, at least once a year, could help in the early detection of the nodule.*

- Stand in front of your mirror
- Extend your neck towards the back
- Try swallowing water
- Look for any lumps or swelling in the neck area (below Adam's apple and above the clavicle area)
- If you notice any lumps, contact your endocrinologist