



If It Ain't Swollen, Don't Aspirate It

Unnecessary thyroid testing is leading to overtreatment in Manitoba

Thyroid cancer is uncommon (5% of all cancers) and among the least deadly cancers (0.3% mortality).¹

Don't order thyroid function tests in asymptomatic patients; don't routinely order free T4 or T3 to screen for hypothyroidism or to monitor or adjust levothyroxine (T4) dose in patients with known hypothyroidism.²

Don't routinely test for Anti-Thyroid Peroxidase Antibodies (anti - TPO).²

Ultrasound is not recommended as part of routine evaluation of abnormal thyroid function (in the absence of a large goiter or lumpy thyroid); incidentally discovered thyroid nodules are common and can divert clinical attention from the thyroid dysfunction.²