

Thyroid Nodules May Not Need To Be Monitored As Closely As Current Guidelines Recommend.

[HealthDay](#) (3/4, Norton) reports that a [study](#) published March 3 in the Journal of the American Medical Association indicates that thyroid nodules may not “need to be monitored as closely as current guidelines recommend.” For the study, investigators tracked “nearly 1,000 patients with presumably benign thyroid nodules.” After “five years of monitoring with yearly ultrasound scans, most patients’ thyroid nodules showed no substantial change.” Importantly, just “five nodules – or 0.3 percent – were eventually diagnosed as thyroid cancer,” the study found.

[Medscape](#) (3/4, Melville) reports that an accompanying [editorial](#) agreed that “current guidance can be relaxed.” Medscape adds that in 2014, “the American College of Radiology (ACR) issued a new [white paper](#) (3/4) aimed at reducing the number of incidentally discovered thyroid nodules referred for further workup.”