

YaleNewHaven**Health**
Smilow Cancer Hospital

Yale CANCER
CENTER
A Comprehensive Cancer Center Designated
by the National Cancer Institute

Thyroid Care Ablation Program at Smilow Cancer Hospital

Center for Endocrine Tumors

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Thyroid Care Ablation Program (TCAP) at Smilow Cancer Hospital

The Thyroid Care Ablation Program (TCAP) at Smilow Cancer Hospital represents an alternative, non-surgical, approach to treat symptomatic or aesthetically unappealing thyroid nodules and toxic autonomous thyroid adenomas.

Traditionally, thyroid nodules are removed surgically, which may require lifelong thyroid hormone supplementation along with exposure to surgical risks and an accompanying neck scar. Through the TCAP, radiofrequency ablation (RFA) is administered as a proven safe and effective option to surgery that can preserve normal thyroid function and alleviate compressive symptoms. During this minimally invasive outpatient procedure, a patient's nodule is selectively heated and denatured using an electrode under ultrasound guidance that passes through the skin. This procedure is associated with long-term significant volume reduction of upwards of 80% at 12 months post-procedure.

RFA can also be safely used to treat toxic autonomous nodules that produce too much thyroid hormone and cause hyperthyroidism. This technique has the advantage of being able to preserve normal thyroid tissue and function without leaving a scar.

The TCAP is part of the Center for Endocrine Tumors at Smilow Cancer Hospital. Program leaders, Drs. Adriana Ramirez and Courtney Gibson, are board-certified, fellowship trained endocrine surgeons who treat patients with all types of endocrine disorders including benign and malignant diseases of the thyroid, parathyroid, and adrenal glands. For patients with benign or toxic autonomous thyroid lesions aged 18 and older, Drs. Ramirez and Gibson review determination of candidacy, perform fine needle aspiration (FNA) if needed, as well as post-procedure follow-up and surveillance.

For appointments or referrals, please call 203-737-2036



Program Leaders (left to right):

Adriana Gabriela Ramirez, MD, MPH

Courtney Elizabeth Gibson, MD, MS, FACS

