

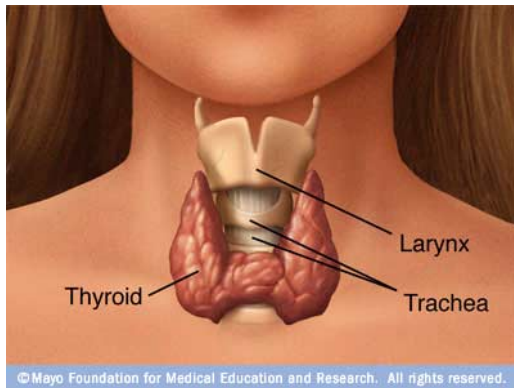
The Thyroid Neck Check

The American Association of Clinical Endocrinologists (AACE) encourages people to perform a simple self-exam they call the “Thyroid Neck Check.” They contend that examining your neck can in some cases help people find lumps or enlargements that may point to thyroid conditions, including nodules, goitre and thyroid cancer.

A neck check may be useful – especially for family members related to someone who has had thyroid disease or thyroid cancer – as both these conditions tend to run in families. Any unusual conditions should be brought to the attention of your doctor.

To detect a thyroid abnormality or lumps that may indicate potential thyroid cancer, the AACE suggests people follow these steps to perform their own “Neck Check”

1. Hold a hand-held mirror
2. Stretch neck back
3. Swallow water
4. Look for enlargement in neck (below the Adam's Apple, above the collar bone)
5. Feel area to confirm enlargement or bump
6. If any problem is detected, see a doctor



Note: The "Neck Check" is not conclusive, but rather, a first step. A thorough examination by a physician is required to diagnose or rule out thyroid cancer.

For those who have had a total thyroidectomy, there is no longer a thyroid gland to self-check and the above does not apply. Instead, thyroid cancer patients rely on regular examination by the skilled hands of an endocrinologist or other doctor, who similarly looks for changes or enlargements in the neck area, especially in lymph nodes.

Reference: American Association of Clinical Endocrinologists (AACE)
www.thyroidawareness.com

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