

Lecture Syllabus: ATA Guidelines for Thyroid RFA

Symposium 2 (ST02)

Non-Invasive Treatment of Benign and Malignant Thyroid Lesions: Recent Updates

May 9, 10:20-11:50

Although the use of thermal ablation to treat benign thyroid nodules has existed for decades in parts of Asia and Europe, in North America adoption of these techniques has been slower and has predominantly occurred over the past 5 years. Of all thermal ablation techniques, radiofrequency ablation (RFA) is the predominant thermal ablation technology utilized in North America and the number of physicians performing RFA has grown exponentially in the past four years, as have the number of patients choosing this treatment option over more traditional surgical approaches.

With the rise in procedural numbers in North America, there has been an increased need for North American societal statements that can help guide physicians performing, or wanting to perform, thermal ablation. This talk will give an overview of the recently published, and already widely cited, American Thyroid Association statement, “General principles for the safe performance, training and adoption of ablation techniques for benign thyroid nodules: An American Thyroid Association Statement.” This consensus is organized around three key themes: i. safety of ablation techniques and their implementation, ii. optimal skillset criteria for proceduralists performing ablative procedures, and iii. defining expectations of success for this treatment option given its unique risks and benefits. These themes will be discussed and the contents of the statement reviewed.