

Successful Management of Thyromegaly with Solitary Thyroid Nodule using Complementary Therapies & Acupuncture in Suo-Xi Hospital Dhaka, Bangladesh

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ABSTRACT

Thyroid disorders are common medical conditions affecting people worldwide. This case report presents the successful management of a 47-year-old upper-middle-class banker, who presented with thyroid swelling, mild neck pain, constipation, and cold intolerance. The clinical evaluation revealed thyromegaly with a solitary thyroid nodule. The patient received a comprehensive treatment regimen, including acupuncture, ionic foot detox, and ozone therapy, which resulted in significant improvements in thyroid size, pain resolution, and regular bowel habits. This case report highlights the potential benefits of complementary therapies in managing thyroid disorders.

Key words: Thyroid disorders, Thyroid swelling, mild neck pain, Acupuncture, Foot detox, Ozone therapy.

INTRODUCTION

Thyroid disorders encompass a spectrum of conditions affecting the thyroid gland's structure and function. Thyroid nodules, in particular, can raise concerns due to their potential for malignancy [1]. Thyroid nodules represent a prevalent medical condition, with a significant impact on the general population. The lifetime risk of developing these nodules is estimated to be in the range of 5% to 10%. However, recent advancements in technology, particularly the widespread use of high-resolution ultrasound and other imaging techniques, have shed light on the true prevalence of thyroid nodules. Additionally, the growing emphasis on preventive medicine and improved access to healthcare resources has further contributed to our understanding of this

condition. Surprisingly, these contemporary tools and medical approaches have revealed that thyroid nodules may be even more common than previously estimated. Recent studies have reported the presence of thyroid nodules in a substantial proportion of randomly selected individuals, with prevalence rates ranging from 19% to 68% [2]. This increased detection underscores the importance of early identification, monitoring, and management of thyroid nodules in clinical practice. When considering treatment options for thyroid nodules, it's essential to look beyond surgical interventions. In recent years, several non-invasive procedures have emerged as viable alternatives. These innovative approaches include radiofrequency ablation, alcohol injection, high-intensity focused ultrasound, and laser ablation. Among these, a minimally invasive procedure has gained prominence due to its safety and effectiveness in

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treating benign thyroid nodules: ablation with monopolar radiofrequency[3]. Traditional treatment options often involve surgery or medication, but an increasing number of patients are seeking complementary therapies to address these conditions.

This case report discusses the evaluation and management of a patient presenting with thyromegaly and a solitary thyroid nodule using complementary therapies and acupuncture.

CASE PRESENTATION

A 47-year-old banker from an upper-middle-class background, reported to our clinic with complaints of neck swelling, mild neck pain, constipation, and cold intolerance. His medical history did not reveal any significant comorbidities, but a family history of diabetes and hypertension was noted in parent.

CLINICAL EVALUATION

Upon physical examination, patient exhibited a noticeable swelling in the neck region. Palpation of the thyroid gland revealed thyromegaly with a solitary thyroid nodule. Initial measurements of the right lobe indicated dimensions of 2.4 cm x 2.1 cm. Additionally, patient complained of mild neck pain, constipation, and cold intolerance.

DIAGNOSIS

The clinical presentation and physical examination findings led to a provisional diagnosis of thyromegaly with a solitary thyroid nodule. Further investigations, including thyroid function tests and fine-needle aspiration cytology, were planned to determine the nature of the nodule, but the patient expressed a preference for exploring complementary therapies initially.

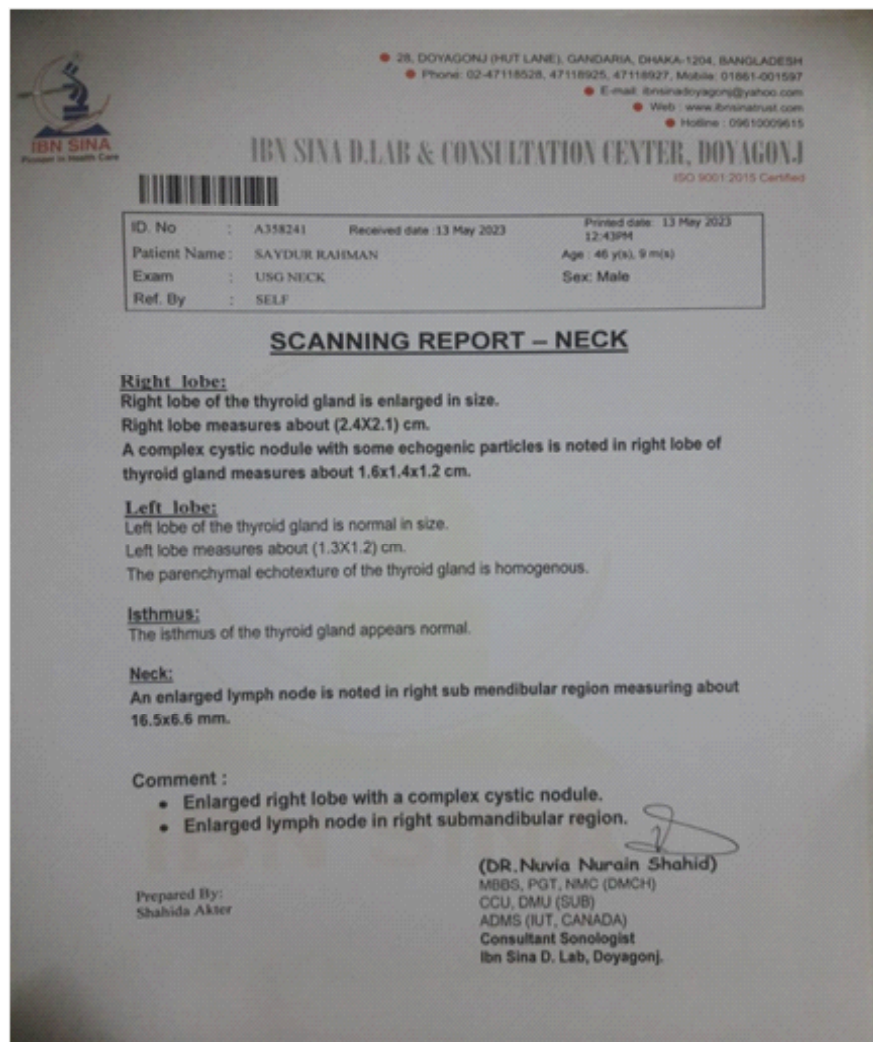


Figure 1: Before Treatment

TREATMENT

In concordance with patient's healthcare provider, elected to embark on a comprehensive complementary treatment regimen designed to holistically address his presenting thyroid pathology and associated symptoms. This well-structured therapeutic regimen encompassed three distinct modalities, each tailored to target specific facets of his condition:

Acupuncture: Patient engaged in a series of twelve meticulously administered acupuncture sessions. This therapeutic intervention was orchestrated with the dual purpose of alleviating pain, specifically the discomfort associated with his thyroid pathology, and fostering a state of enhanced overall well-being. Acupuncture, a venerable component of traditional Chinese medicine, involves the precise insertion of thin needles into strategic points on the body to facilitate the restoration of physiological balance.

Ionic Foot Detox: Another integral component of patient's therapeutic journey entailed a series of ionic foot detox sessions. This procedure was orchestrated to facilitate detoxification processes within the body and concurrently augment metabolic functions. The detoxification process is driven by the principle of ionic exchange, wherein charged particles in the footbath interact with toxins, facilitating their release from the body through the pores of the feet. This modality was thoughtfully integrated into the regimen to enhance the body's natural capacity to eliminate harmful substances.

Ozone Therapy: The third pivotal element of patient's comprehensive treatment plan was ozone therapy. This therapeutic approach leverages the unique properties of ozone, a triatomic form of oxygen, to stimulate oxygen utilization at the cellular level. By doing so, it endeavors to augment metabolic processes and potentially engender an improvement in thyroid function. Ozone therapy, often administered intravenously or through other non-invasive means, seeks to harness the regenerative and immune-modulatory properties attributed to ozone, offering a potential avenue for addressing the underlying thyroid pathology.

OUTCOME

Upon the completion of a meticulously administered twelve-session therapeutic protocol, encompassing acupuncture, ionic foot detoxification, and ozone therapy, Patient demonstrated a noteworthy and multifaceted response to the treatment regimen. The salient clinical outcomes observed were as follows:

Thyroid Size Reduction: Objective measurements of the right thyroid lobe revealed a substantial reduction in dimensions. The initial thyroid lobe size, recorded at 2.4 cm x 2.1 cm, markedly decreased to 1.5 cm x 1.3 cm. This discernible reduction signifies a significant amelioration of the thyromegaly that was originally present.

Pain Resolution: Subjective reports from patient indicated the

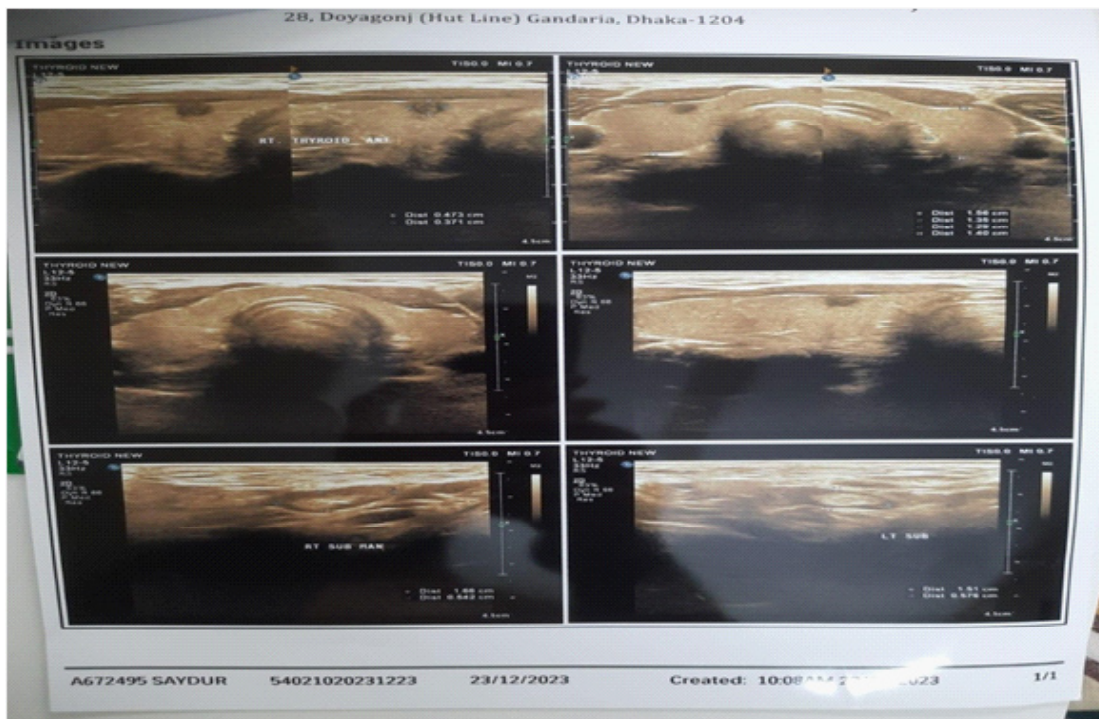


Figure 2: Before Treatment

complete resolution of neck pain, a symptom that had initially contributed to his discomfort and distress. This achievement underscores the effectiveness of the treatment regimen in mitigating pain associated with thyroid pathology.

Improved Bowel Habits: A notable improvement in bowel habits was reported by the patient following the therapeutic intervention. Constipation, which had been a bothersome issue, ameliorated, and bowel regularity was restored, contributing to Mr. Rahman's overall well-being.

Mitigated Cold Intolerance: The manifestation of cold intolerance, which was initially reported, exhibited a noticeable reduction following the treatment course. This observation suggests a potential enhancement in thyroid function, although

further assessment is warranted to establish a definitive causal relationship.

These clinically significant improvements collectively underscore the therapeutic efficacy and holistic impact of the integrated complementary therapies employed in this case. The outcomes not only reflect the reduction in the structural and symptomatic burdens of thyroid pathology but also hint at the potential modulation of thyroid function, thereby highlighting the relevance of such interventions in the comprehensive management of thyroid disorders. Further investigation and long-term follow-up are warranted to validate and elucidate the mechanisms underlying these observed improvements.

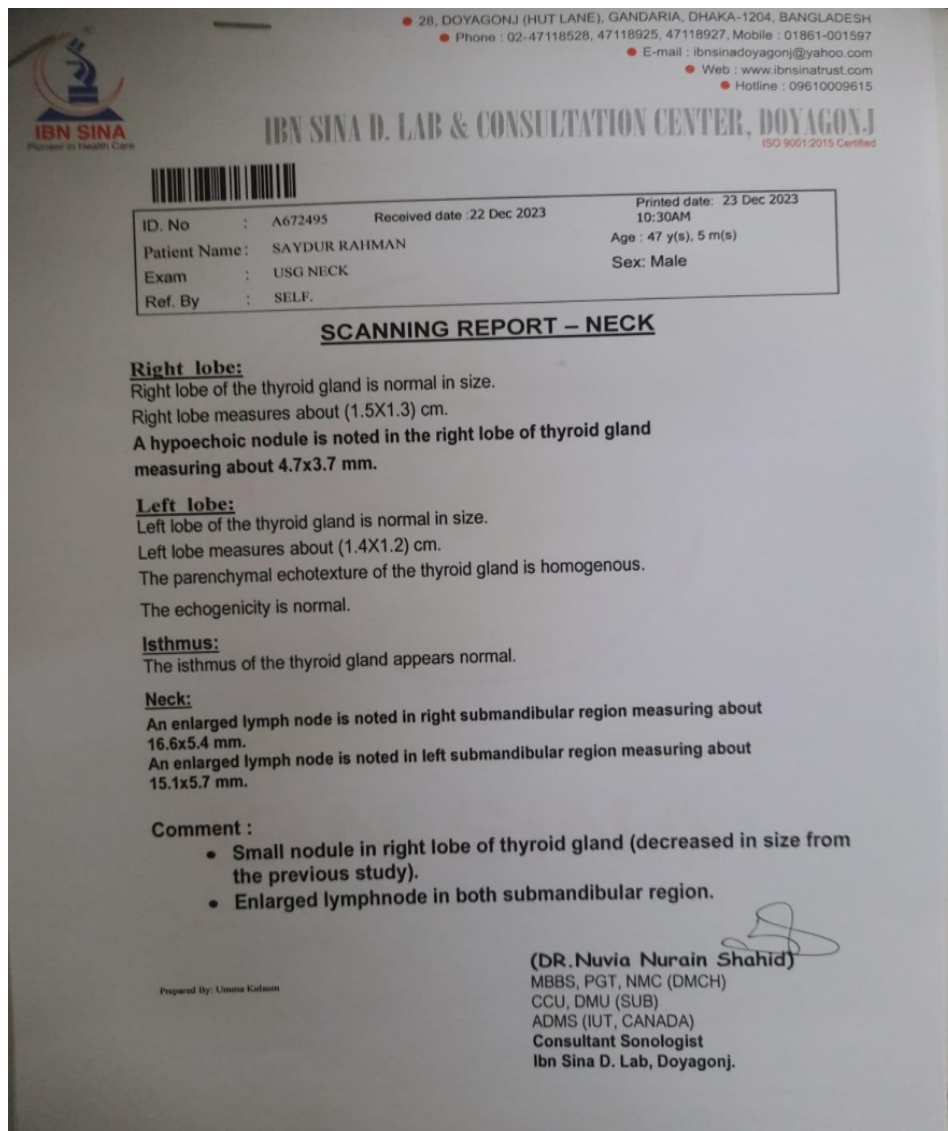


Figure 3: After Treatment

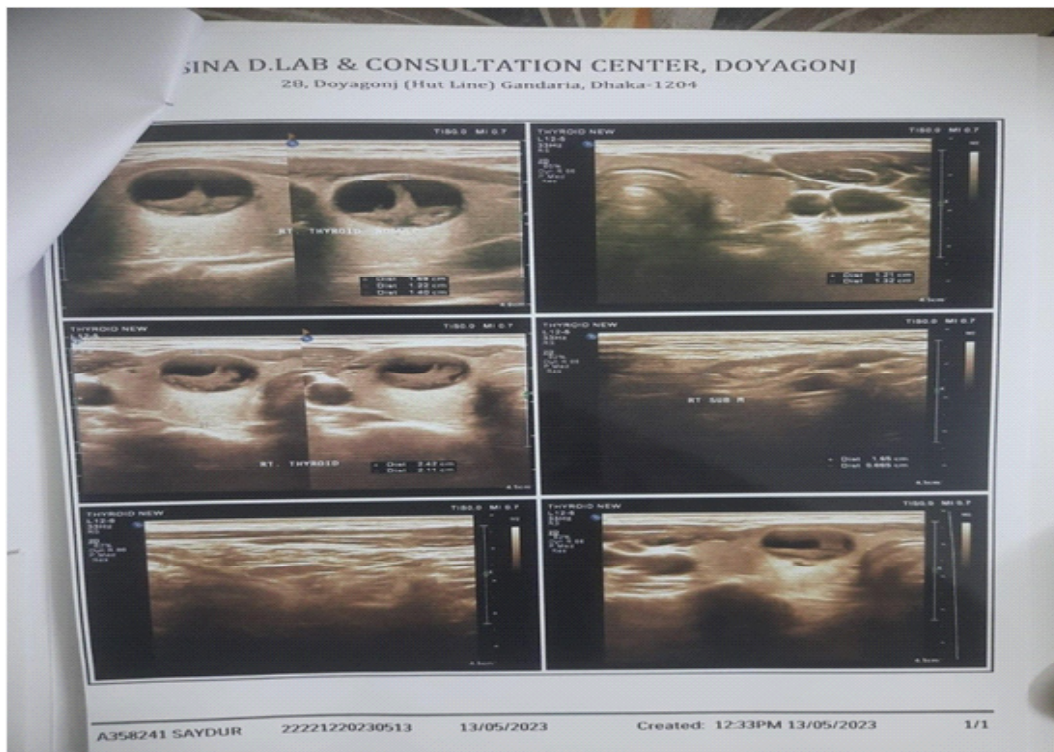


Figure 4: After Treatment

DISCUSSION

The thyroid gland stands as one of the most vital components of the endocrine system, wielding its influence over a myriad of physiological processes that govern the entire human body. Among its myriad responsibilities, the thyroid orchestrates the regulation of metabolism, exerting its influence over crucial aspects such as brain function, respiration, cardiovascular performance, nervous system activity, body temperature, muscle strength, skin health, menstrual cycles, body weight, energy levels, and water metabolism. Its pervasive role in maintaining homeostasis renders it indispensable to our overall health and well-being [4]. In the realm of modern medicine, significant strides have been made in the development of cutting-edge technologies and diagnostic techniques. These tools have undoubtedly expanded our understanding of thyroid function and pathology, enabling more accurate assessments and treatment modalities. However, it is imperative to recognize that the art of healing extends beyond these advancements. Every healthcare practitioner should strive to forge a genuine and empathetic connection with their patients, transcending the confines of conventional diagnostic methods. This approach emphasizes the importance of physical and psychological interaction with patients, as it affords a deeper insight into the intricacies of functional disorders that may elude purely technological scrutiny [5,6]. Indeed, this diagnostic philosophy calls upon practitioners

to harness their medical knowledge, honed through rigorous education and training, to interpret patient presentations accurately. Furthermore, it necessitates the cultivation of experiential wisdom, enabling them to correlate multifaceted information gleaned from patient encounters. It is the fusion of these elements—knowledge and experience—that empowers healthcare providers to navigate the nuanced landscape of thyroid disorders and other medical conditions with greater precision and empathy. In essence, while technology undoubtedly enhances our diagnostic capabilities, the essence of patient care lies in the compassionate understanding of the individual as a whole, recognizing that each patient is more than just a collection of data points and test results. In the realm of thyroid disorders and beyond, the human touch remains an indispensable facet of healthcare, facilitating not only accurate diagnoses but also fostering healing and well-being in the truest sense [7]. This case report highlights the successful management of a patient with thyromegaly and a solitary thyroid nodule using complementary therapies, including acupuncture, ionic foot detox, and ozone therapy. Each facet of this multidimensional therapeutic strategy was thoughtfully chosen to address specific aspects of patient's clinical presentation, and their integration aimed at achieving a synergistic therapeutic effect. The decision to incorporate these complementary therapies into patient's treatment plan exemplifies the contemporary approach to healthcare, wherein diverse modalities are harmoniously employed to promote

holistic well-being and address the nuanced challenges presented by thyroid disorders. Further research and clinical exploration may shed light on the mechanisms and long-term efficacy of these interventions, providing valuable insights into their potential role in thyroid disorder management.

Although further investigations, such as thyroid function tests and fine-needle aspiration cytology, were initially planned, the patient's preference for complementary therapies yielded significant clinical improvements.

CONCLUSION

Complementary therapies, when integrated into the management of thyroid disorders, can provide substantial benefits, as demonstrated in this case. However, further research and long-term follow-up are necessary to validate the effectiveness of these treatments in a broader patient population. This case underscores the importance of personalized treatment approaches and patient engagement in healthcare decision-making.

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