



Thyroid NewsLetter

Published by the British Thyroid Association

Encouraging the Highest Standards of Research and Patient Care

MESSAGE FROM THE PRESIDENT

I welcome you to the Spring issue of the BTA newsletter with mixed feelings, as it will be my final written communication to you as BTA President. The highlight of my three years has undoubtedly been the BTA Annual Meeting, and this is coming up fast, in just 2 weeks on June 9th this year, so please look at the attached information and register for the meeting today. I am particularly delighted that four excellent overseas speakers have accepted our invitation including the ETA President-elect, Laura Fugazzola and recent past ATA President, Peter Kopp: it should be a highly informative day- I look forward to seeing you there.

Everywhere I look at the moment, people seem to be talking about Artificial Intelligence (AI). Apparently, doctors are about to become extinct and AI is going to take over and save money for the NHS, which is obviously fantastic news. In order to see whether there is anything to this rumour, I decided to run a quick thyroid test on "Chat-GPT" and share the AI outputs with you.

Query	Chat-GPT™ response
I feel hot, my heart sometimes races and I have lost 2Kg in weight. Do you know what might be wrong with me?	Some possible causes of feeling hot, heart racing, and weight loss include: <ol style="list-style-type: none"> 1. Hyperthyroidism: This is a condition in which the thyroid gland produces too much thyroid hormone. 2. Anxiety or stress: These can cause physical symptoms such as a fast heartbeat and feeling hot. 3. Infection: Some infections can cause a fever, which can make you feel hot, and can also cause weight loss.
I feel very tired and cold all the time. My calves are also stiff when I walk. Do you know what might be wrong with me?	Some possible causes of feeling tired, cold, and experiencing stiffness in the calves include: <ol style="list-style-type: none"> 1. Anemia: Anemia is a condition in which there are not enough red blood cells to carry oxygen to the body's tissues. This can cause fatigue and feeling cold. 2. Hypothyroidism: This is a condition in which the thyroid gland doesn't produce enough thyroid hormone. Symptoms can include feeling cold, fatigue, and muscle stiffness. 3. Chronic fatigue syndrome: This is a complex disorder characterized by extreme fatigue that doesn't improve with rest, and other symptoms such as muscle pain and stiffness.
My doctor did some blood tests and the results show TSH 7.1 mU/L and free T4 15 pmol/L. The doctor didn't seem to think I should do anything. What do you think I should do?	Your blood tests are suggestive of a condition called subclinical hypothyroidism, which means that your thyroid gland is not producing enough thyroid hormone, but the deficiency is not yet severe enough to cause symptoms or require treatment. However, subclinical hypothyroidism can progress to overt hypothyroidism over time, which can cause symptoms such as fatigue, weight gain, and depression. While your doctor may not have recommended treatment based on your current levels, it may be a good idea to schedule a follow-up appointment to monitor your thyroid function over time.
I have had a neck ultrasound which showed a thyroid nodule, 3.5cm in diameter, category U3. I had an FNA, which showed Thy4. What treatment do you think I should have now?	Based on the information you have provided, it appears that you have a thyroid nodule that is suspicious for malignancy, with a Thy4 FNA result. This means that there is a possibility that the nodule could be cancerous. The next step in the management of thyroid nodules with Thy4 FNA results is typically surgical removal of the nodule, known as a thyroidectomy. This is because a definitive diagnosis of whether the nodule is cancerous or not cannot be made without surgical removal and examination of the tissue.

So conclusive proof that we can all retire and leave the thyroid clinic in the hands of the robots!!

As I sign off, I'd like to give my sincere thanks to all the members of the BTA Executive Committee who have worked constructively over the last few years to keep BTA on an even keel during the unexpected circumstances of the pandemic; to Julia Priestley and Cheryl McMullan at BTF who have been so supportive of our work; and most especially to Carla Moran and Bijay Vaidya who have both been excellent in the role of BTA secretary and

kept me on the right track. It's a huge pleasure to hand over the BTA Presidency to Prof Kristien Boelaert, safe in the knowledge that she will do an excellent job.

Simon Pearce, BTA President



From the Secretary

BTA Annual Meeting 2023

We are delighted to invite you all to the next Annual BTA Meeting, which will be held face-to-face at the Royal College of Pathologists (London) on **Friday 9th June 2023**. We have an exciting programme, including George Murray Lecture from Professor Laura Fugazzola (Milan, Italy), a symposium on challenging areas in thyroidology, and updates on Graves' disease management, quality of life in hypothyroidism and recent advances in basic thyroidology. I hope to welcome many of you there. **Please visit BTA website** for full programme and to register: <https://www.british-thyroid-association.org/dont-miss>

Congratulations to Drs Katie Brookes, Rachel Holliday, Selvambigai Manivannan and Ling Zha, who have been awarded travel grants to attend and present their research at the meeting.

BTA Trainee Day 2023

We had a successful virtual BTA trainees' meeting on the 10th March 2023, which included bite-sized masterclass lectures on how to manage persistently raised TSH (Prof Onyebuchi Okosieme), thyroid eye disease (Dr Catherine Napier) and medullary thyroid cancer (Mr Joel Smith) as

well as interesting case-presentations from trainees. If you missed the meeting, video recordings of the masterclass lectures are available to watch free for a limited period at the BTA website.

Congratulations to Dr Thazin Wynn (winner), Dr Isabella Petrie (runner-up) and Dr Keshav Gupta (runner-up) who won the prizes for their presentations at the meeting.

I would like to thank Dr Hannah Nieto, our trainee Ex-Com member, for organising the trainee day so successfully.

Joint BTA-BTF Webinar

We are delighted to announce a Joint BTA-Webinar (virtual) on Hypothyroidism (**Wednesday 20th September 2023, 7-8 pm**). We have two excellent speakers, Prof Simon Pearce and Dr Nicola Zammitt. Although it is primarily for general practitioners, it is open to other interested healthcare professionals. Further details will be published on BTA and BTF websites soon.

Travel Grants to Attend ETA Meeting

BTA is offering up to 5 travel grants (£300 each) to trainee BTA members presenting at the European Thyroid Association Meeting (Milan, Italy; 9-12 September

2023). Apply for a travel grant by emailing to me.

Finally

I would like to thank Professor Simon Pearce for his outstanding leadership as President of the BTA in the last 3 years, which included an extremely challenging

period of the Covid-19 pandemic. On a personal level, I am very grateful to his always wise, sensible, and pragmatic advice, and making my role as BTA secretary really enjoyable.

Bijay Vaidya, BTA Secretary
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Update from the British Thyroid Foundation

BTF 'Meet the Expert' webinars: Thyroid disorders & menopause

The next event in our series of patient webinars will be on Tuesday 6 June at 6pm and will be about 'Thyroid and menopause.' Our speakers will be Prof Kristien Boelaert and Prof Annice Mukherjee who will be discussing managing thyroid disease during perimenopause and menopause.

We regularly hear from patients who want to know more about this topic and so far over 400 people have registered to attend. Please share details of this event with your patients and primary care colleagues.

<https://www.btf-thyroid.org/Event/meet-the-experts-webinar-thyroid-and-menopause>

If you have any topic suggestions or would be interested in speaking at a future webinar, please contact: julia.priestley@btf-thyroid.org

BTF Research Award 2023

We are delighted to offer a £35,000 award for a 3-year research study into thyroid

disorders. Applications are open to UK-based researchers and we particularly welcome applications from early-career researchers.

The BTF is a National Institute for Health Research (NIHR) non-commercial Partner. This means the studies that we fund may be eligible to access the NIHR Study Support Service which is provided by the NIHR Clinical Research Network.

Closing date for applications is midnight on Sunday 2 July.

For further information please contact: c.mcmullan@btf-thyroid.org

Our fundraising events

Would you like to take on a challenge local to you and raise funds to provide resources for thyroid patients? We have places in some of the UK's top challenge events in your area. To find out more go to: <https://www.btf-thyroid.org/events-in-your-area>

Julia Priestley & Cheryl McMullan, BTF

FUTURE MEETINGS (relevant links on BTA website)

- British Thyroid Association Annual Meeting, London, UK, 9 June 2023
- Endocrine Society Annual Meeting (ENDO2023), Chicago, USA, 15-18 June 2023
- European Thyroid Association, Milan, Italy, 9-12 September 2023
- British Association of Endocrine & Thyroid Surgeons Annual Meeting, Athens, Greece, 12-13 October 2023
- American Thyroid Association, Washington, USA, 27 September-1 October 2023
- British Endocrine Societies Meeting, Glasgow, UK, 12-15 November 2023