

A Singer's Voice at Risk

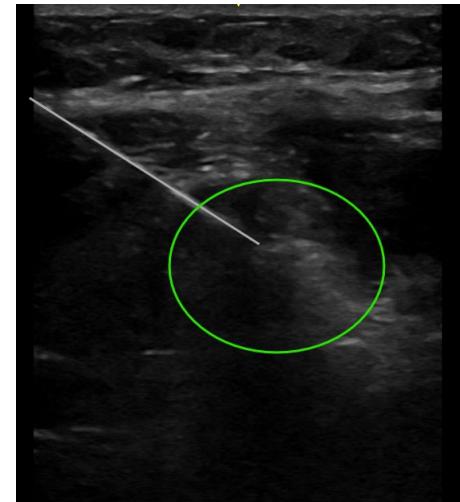
Natalie, a lifelong singer, noticed she could no longer hit her high notes. She felt a thyroid lump pressing on her throat and voice box. Ultrasound confirmed an isthmus thyroid nodule the size of a small grape.



Thyroid Radiofrequency Ablation (RFA)

A minimally invasive, outpatient procedure performed under ultrasound guidance.

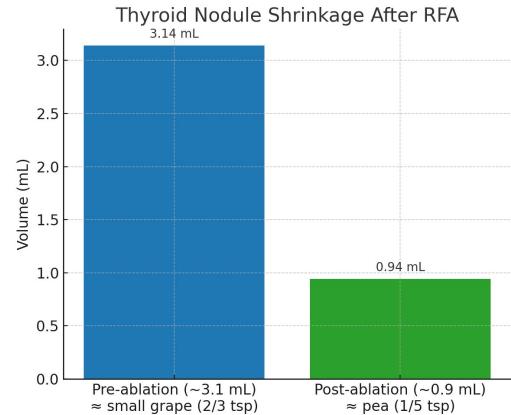
A thin probe delivers radiofrequency energy to shrink the nodule.
Fluid “cushioning” protects the vocal cords and airway, if needed.



Voice Restored

Within days, Natalie felt relief of throat pressure.

At 6 weeks, the nodule had shrunk ~70% to the size of a pea.
She could sing high notes again, with less throat clearing.



Back to Singing

“I feel like myself again—I can hit the high notes.”

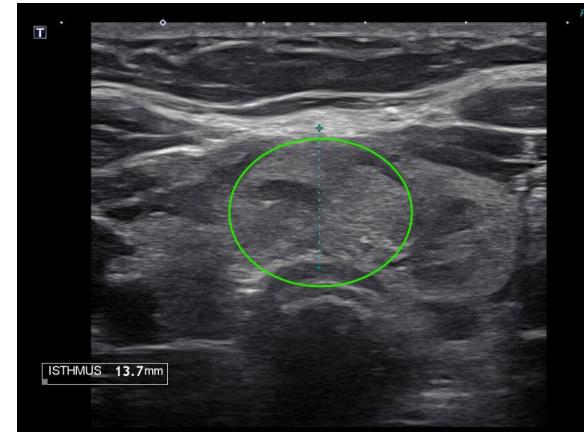
Active singer, back to her passion without surgery or downtime.

Watch her full story: <https://youtu.be/JBUI9GLquXk?si=gtED4eTC7Q-WUtsc>

Case Presentation

61-year-old female, professional singer

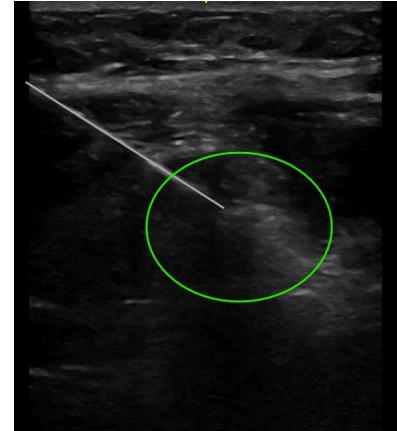
- Symptomatic thyroid isthmus nodule (3.14 mL)
- Complaints: throat pressure, trouble with swallowing, voice change - difficulty reaching high vocal range
- No history of malignancy; FNA benign x 2
- Considered high risk for surgical morbidity, opted for minimally invasive therapy

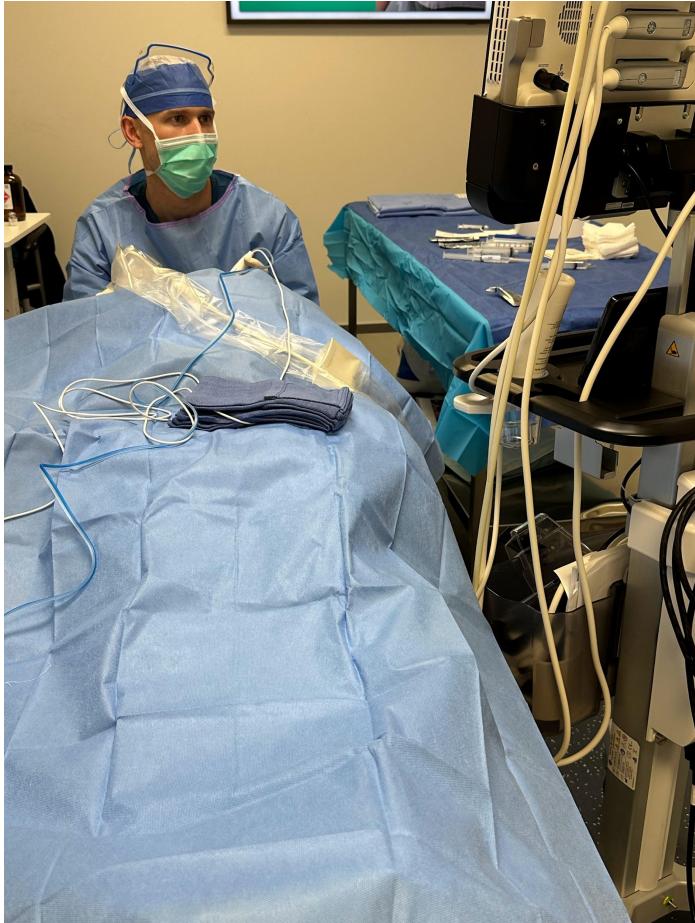


Procedure

Ultrasound-guided Radiofrequency Ablation (RFA)

- Outpatient, local anesthesia + moderate sedation
- Trans-isthmic approach with hydrodissection to protect recurrent laryngeal nerve, trachea, and esophagus
- Moving-shot technique, total energy 2886 J, ablation time 2.6 min
- No immediate complications, minimal blood loss

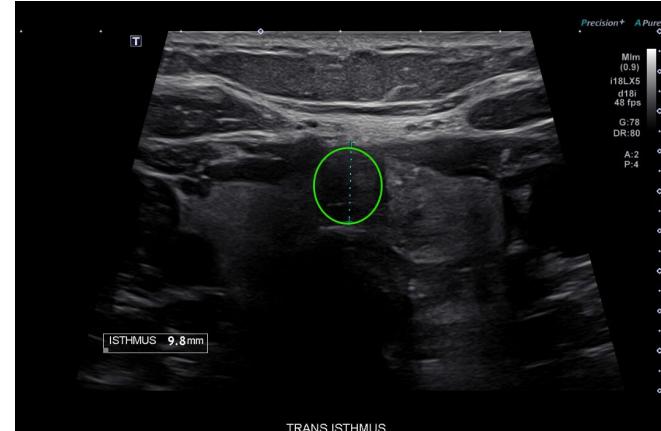




Outcomes

Early Clinical & Imaging Results

- Rapid symptom relief: throat pressure resolved within days
- At 6 weeks:
 - Volume reduced by ~70% ($3.14 \rightarrow 0.94$ mL)
 - Improved singing voice
- No voice changes, no hypothyroidism, no adverse events

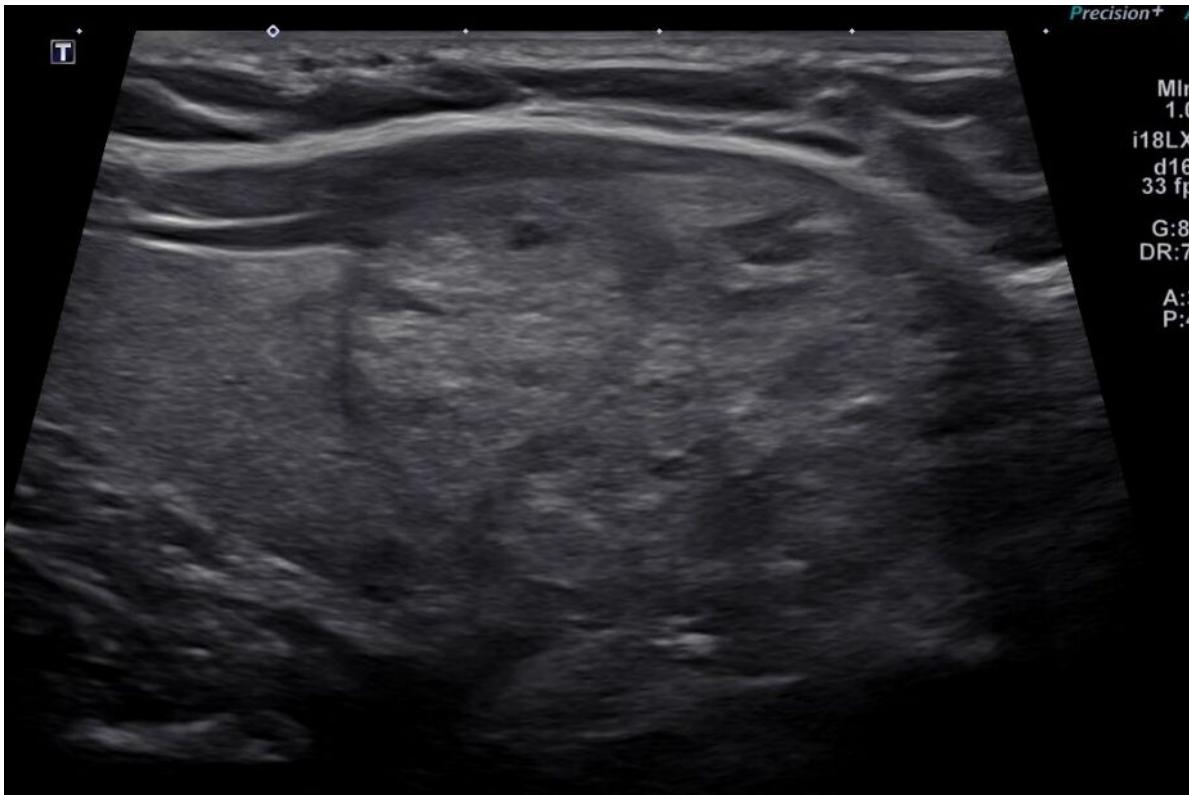


Clinical Takeaway

Thyroid RFA: An Emerging Option for Benign Nodules

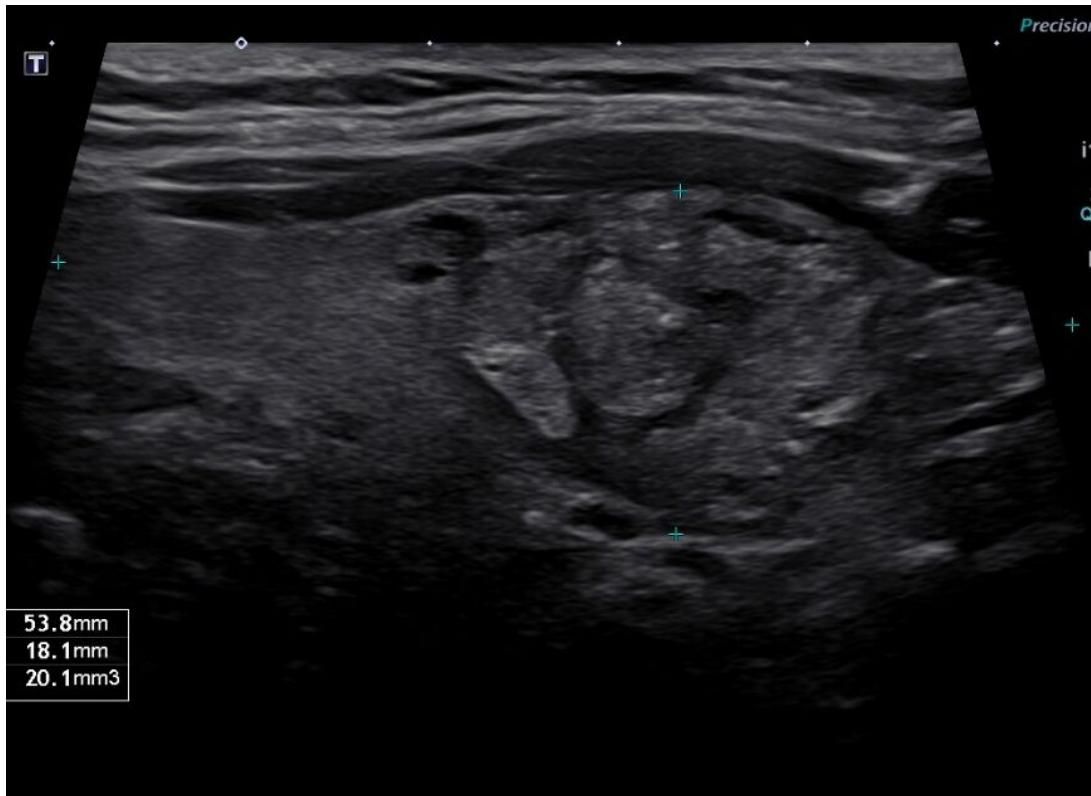
- Minimally invasive alternative to surgery in selected patients
- Preserves thyroid function and avoids surgical scar
- Symptom and cosmesis-driven therapy with growing evidence base
- Ideal for primary care / internal medicine referral when nodules are symptomatic but benign

Shaneen Prior



16 mL
3.6 cm from left
to right
Sitting right on
her airway

Shaneen post



12 mL 1 month after
2.8 cm left to right