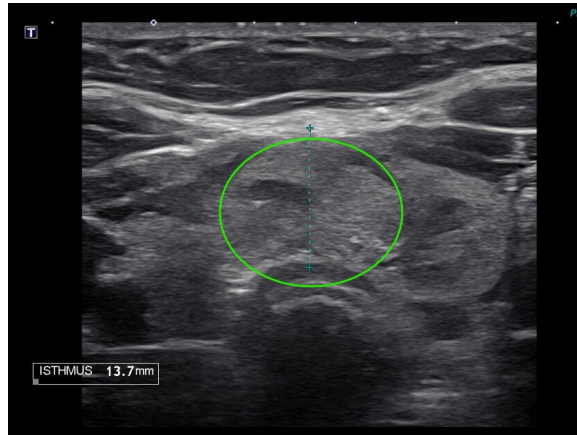


# A Singer's Voice at Risk

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.

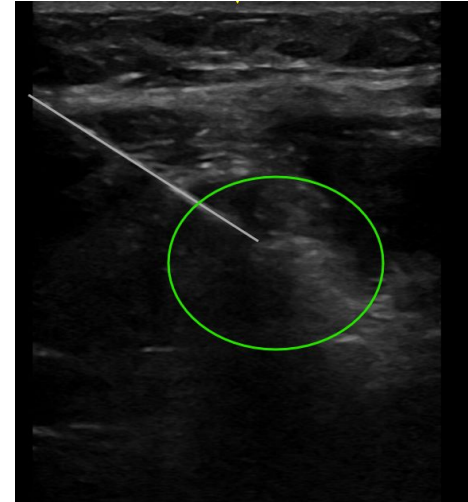


# Thyroid Radiofrequency Ablation (RFA)

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.

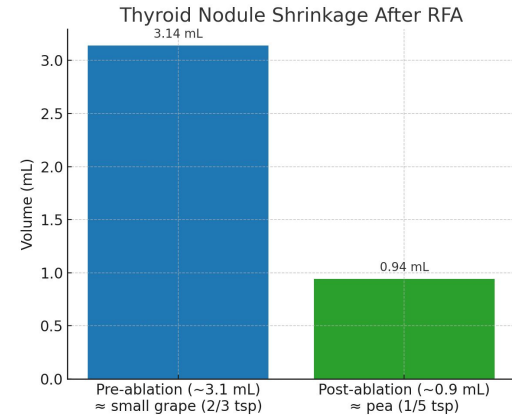
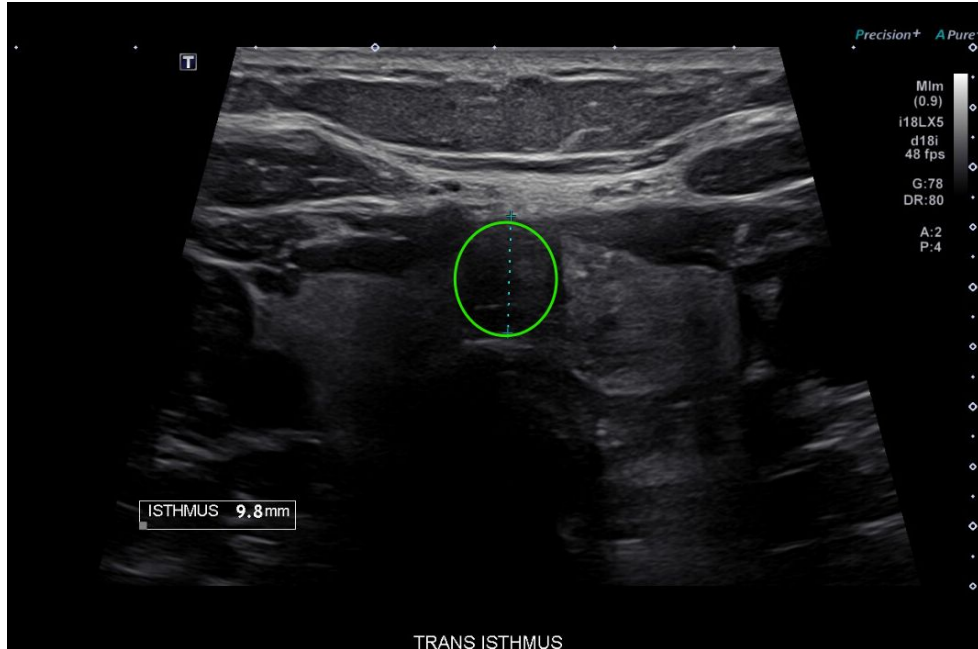


# Voice Restored

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.”

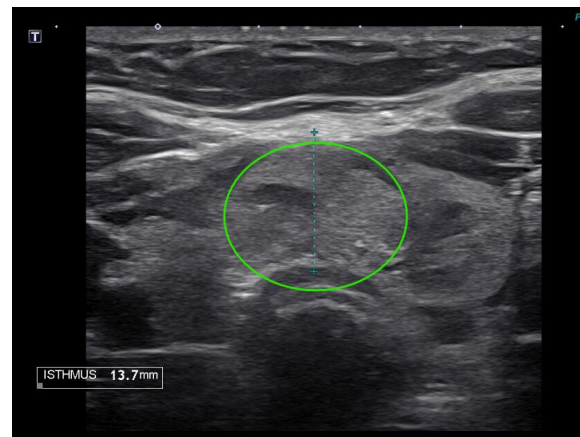
Active singer, back to her passion without surgery or downtime.

Watch her full story: <https://youtu.be/JBUl9GLquXk?si=gtED4eTC7Q-WUtsc>

# Case Presentation

61-year-old female, professional singer

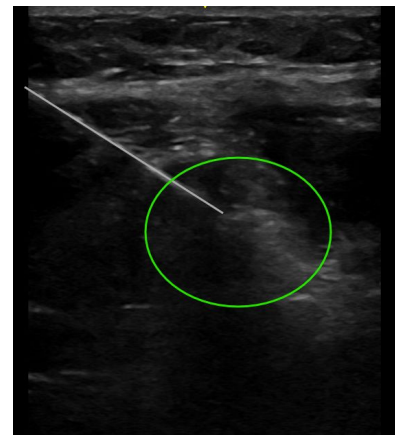
- Symptomatic thyroid isthmus nodule (3.14 mL)
- Complaints: throat pressure, trouble with swallowing, voice change - difficulty reaching high vocal range
- No history of malignancy; FNA benign x 2
- Considered high risk for surgical morbidity, opted for minimally invasive therapy



# 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



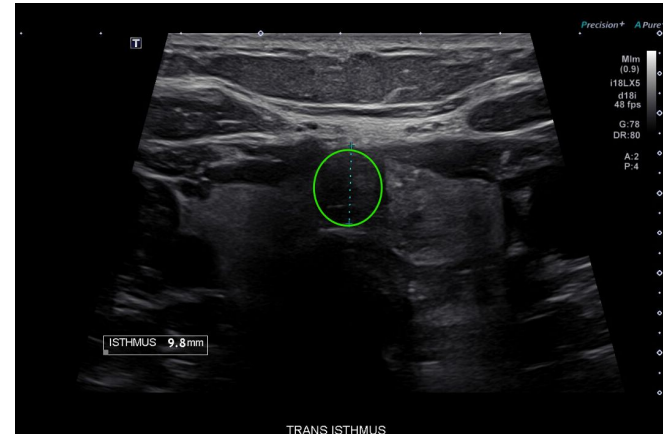




# Outcomes

## Early Clinical & Imaging Results

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



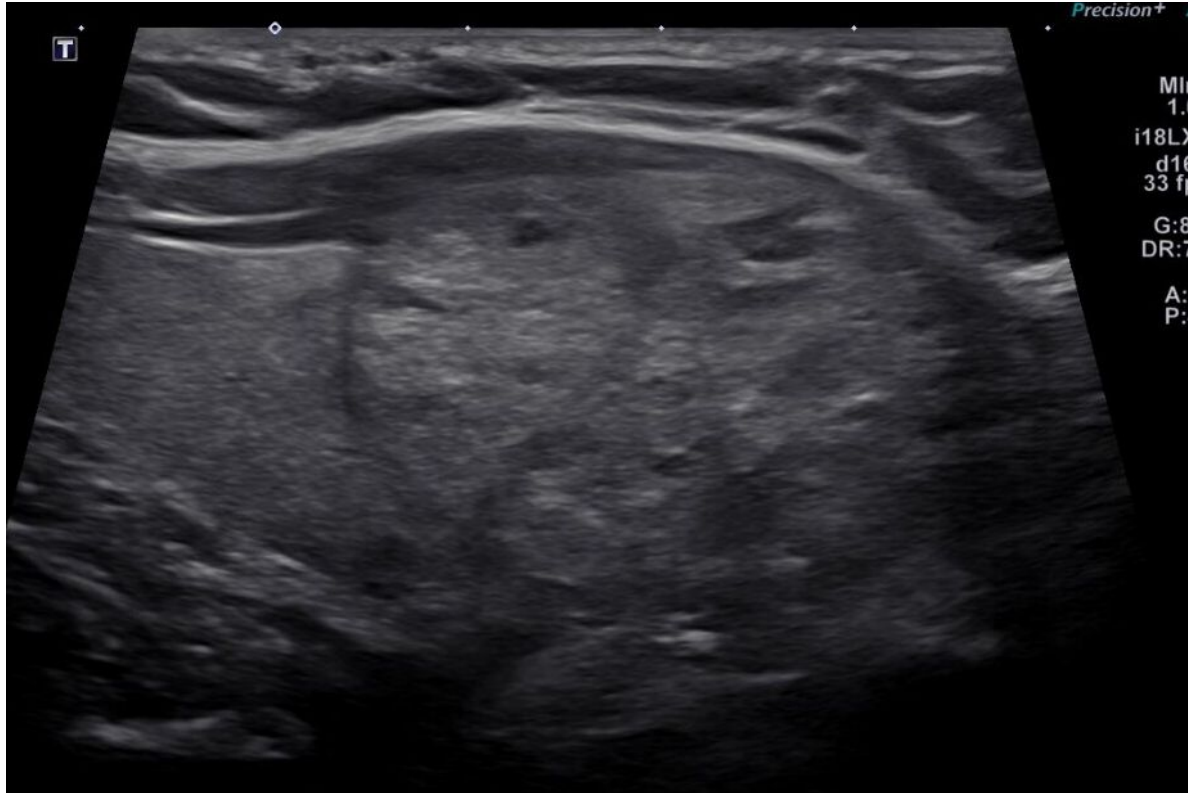


# Clinical Takeaway

## 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

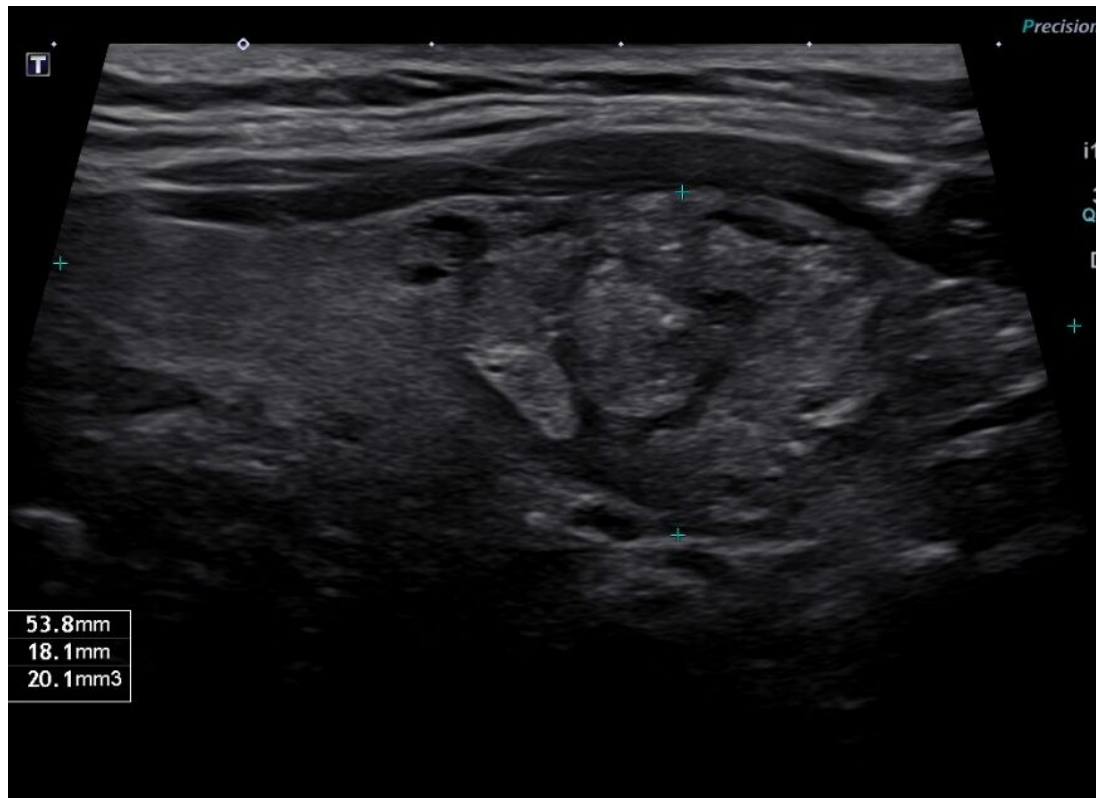


16 mL

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