

THYROID DISEASE & THYROID NODULES

Convenient in-office
diagnosis and procedures



METABOLIC
CENTER *for*
WELLNESS

Reverse Endocrine Diseases • Manage Chronic Conditions • Enhance Wellness & Longevity

The thyroid gland, located at the base of the neck, produces hormones needed for almost all metabolic processes in your body. As you age, the chance of developing thyroid disease increases by 20 to 30 percent. While primarily affects women, men are at risk as well.

Difficulties with the thyroid can range from an enlarged gland, called a goiter, to life-threatening cancer. However, the most common types of thyroid disease fall into two categories:

Hyperthyroidism – Overproduction of thyroid hormones that leads to conditions like Graves disease, nodules in the gland, temporary inflammatory conditions and certain cancers.

Hypothyroidism – Stemming from an underproduction of thyroid hormones, this results in conditions like Hashimoto's thyroiditis, an autoimmune disorder where the body attacks the thyroid. Certain medications, exposure to environmental elements and surgical removal of the thyroid also can result in hypothyroidism.

Symptoms of thyroid disease may include:



ACNE



HAIR LOSS



FATIGUE



TROUBLE SWALLOWING



WEIGHT GAIN

While the condition is common, it often goes undiagnosed and can lead to more serious health concerns like high cholesterol, heart disease, low energy and an overall decreased quality of life. ([more](#))

IN SUMMARY...

- The thyroid gland controls most metabolic processes in the body.
- Thyroid disease increases 20 to 30 percent as you age and primarily affects women.
- Hyperthyroidism and Hypothyroidism are the two most common types of thyroid diseases.
- Symptoms of thyroid disease include fatigue, weight gain, acne, hair loss and trouble swallowing.
- An ultrasound and bloodwork are used to screen for thyroid disease.
- When needed, an ultrasound-guided fine needle aspiration biopsy and ethanol ablation can be conducted in the office.
- While thyroid disease is a life-long condition, most cases are highly treatable.

To screen for thyroid disease, Dr. Angela Mazza typically orders blood work and conducts an ultrasound in the office. If a biopsy (ultrasound-guided fine-needle aspiration) is needed, she has the ability to perform that in the office, eliminating the need to travel to another facility. Dr. Mazza also offers a unique service for appropriate patients known as ethanol ablation (EA) of thyroid nodules.

Thyroid Biopsy

Ultrasound-guided fine needle aspiration biopsies are usually performed for nodules that are a certain size or have suspicious characteristics that can be seen under ultrasound. The goal of this procedure is to identify persons who may be at risk for thyroid cancer so they may be treated as quickly as possible.

Ethanol Ablation

An ethanol ablation is a non-surgical option for some people with thyroid nodules. It involves injecting dehydrated alcohol in a thyroid nodule under ultrasound guidance. Ethanol ablations can help decrease the size of a nodule and avoid surgery in certain circumstances.

Once the exact condition is pinpointed, there are a variety of medications that will help fine tune the thyroid level. While thyroid disease is a life-long condition, most cases are very treatable and manageable, especially when detected early.



METABOLIC CENTER *for* WELLNESS

CONTACT US

Phone: 407-542-0661

Fax: 407-542-0668

ADDRESS

30 Windsormere Way

Suite 200

Oviedo, FL 32765

VISIT US ONLINE

MetabolicCenterforWellness.com

ABOUT US

The Metabolic Center for Wellness is a unique medical practice established to reverse endocrine diseases, manage chronic conditions, and enhance wellness and longevity. Led by Dr. Angela Mazza, the practice takes an individualized, holistic approach to healthcare based on the latest medical findings. Whenever possible, she seeks to reduce medication dependency and improve quality of life through diet, exercise and supplement modifications. For the convenience of her patients, Dr. Mazza is one of a few Central Florida endocrinologists who offers key medical procedures and wellness therapies in the office. The practice has a strong focus on education—empowering patients to participate in their own healthcare decisions.

Key areas of focus include:

- Radiofrequency Ablation of Thyroid Nodules
- Thyroid Disease
- Hormonal Imbalance
- Bioidentical Hormone Pellet Therapy
- IV Therapy and Injections
- Nutraceuticals
- Medical Cannabis



Angela Mazza, DO, FAAMFM, ECNU, CDE, is triple-board certified in endocrinology, internal medicine, and anti-aging and regenerative medicine. She has served as a principal investigator for large-scale diabetes therapy and device trials; has presented at international medical conferences; was among the first physicians selected for the UCF College of Medicine; and serves as a formulation advisor to Douglas Laboratories.