

# Spectrum of Thyroid Diseases in a Tertiary Centre in the South-South Region of Nigeria

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## **BACKGROUND**

Diseases of the thyroid gland are common endocrine disorders encountered globally with varying incidence from one geographical region to another. This study seeks to determine the demographic, clinical and histopathological pattern of thyroid diseases as seen in University of Port Harcourt Teaching Hospital (UPTH).

## **METHODS**

This is a 6 year retrospective study of all patients with thyroid diseases that were admitted into the general surgical wards of UPTH from 1<sup>st</sup> January 2006 to 31<sup>st</sup> December 2011. Relevant data were retrieved from the case notes and analysed using the Statistical Package for Social Sciences (SPSS) version 17.

## **RESULTS**

A total of 80 patients with thyroid diseases were evaluated. They included 11 (13.7%) males and 69 (86.3%) females with a male to female ratio of 1: 6.3. Their ages ranged from 18 to 70 years with a mean of  $40.3 \pm 4.4$  years and peak age at 31-40 years. Colloid goitre was the commonest lesion encountered, seen in 21.3% of the patients with an average age of  $37.4 \pm 3.1$  years and peak age of 21-30 years. Cosmetic reason was found to be the major indication for surgery and respiratory obstruction the commonest post-operative complication seen.

## **CONCLUSION**

Diseases of the thyroid gland are common in Port Harcourt and seen in both genders with a striking female preponderance. Colloid goitre was the commonest lesion encountered.

## **KEYWORDS**

Thyroid Diseases; Clinical; Histopathology; Port Harcourt.

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