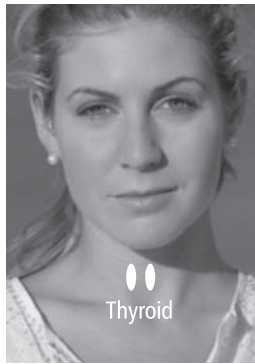




When thyroid surgery is necessary

The thyroid is a large gland located in the neck. It regulates the body's metabolism and affects almost all tissues of the body. Keeping the thyroid functioning properly can be challenging and problematic. There are several common thyroid disorders including: thyroid nodules, goiter, hyperthyroidism, hypothyroidism, Hashimoto's Thyroiditis, and thyroid cancer. The Thyroid Surgical Institute at the ENTA Allergy, Head & Neck Institute offers a comprehensive approach to the prognosis and treatment of these and other thyroid disorders. When tests indicate a problem with your thyroid, your physician may consider surgery as a treatment option.



and 200 of these operations yearly.

The Procedure

Most thyroid surgery may be done on an **outpatient** basis, although some patients may elect to stay in the hospital for one night. The surgery is performed with a **minimally invasive approach** and the scar should not be overly visible. Most patients return to light-normal activity within a couple of days of the operation. As with any surgical procedure, there are risks and should be discussed

with the patient by the thyroid surgeon.

The Thyroid Surgical Institute is an outpatient facility contained within an office setting offering clinical assessment, thyroid function testing, and office based ultrasound and ultrasonically guided needle biopsy when necessary. All aspects of your thyroid disease are managed and coordinated at one site. The Thyroid Surgical Institute's physicians strive to provide the most contemporary treatments available combined with knowledgeable, compassionate care.

Contact the Thyroid Surgical Institute today to learn more at 876-3682.

Experienced Surgeons

Thyroid surgery should be done by a surgeon who does a large number of these operations and has experience in dealing with all aspects of the disease for which the surgery is being recommended. The specialists at the Thyroid Surgical Institute, part of the ENTA Allergy Head & Neck Institute, have performed over 1500 Thyroid and Parathyroid operations. The surgeon should also be capable of performing lymph node dissections should they prove necessary. **Thyroid Surgical Institute's Dr. Steven Sobol continues to perform between 100**

Our Mission

- ◆ To provide the best care for our patients in a compassionate and caring environment.
- ◆ To work to advance the art, science and ethical practice of Otolaryngology, Head & Neck Surgery.
- ◆ To provide the most contemporary medical and surgical approaches to treating disorders of the ears, nose, throat and related structures of the head and neck.
- ◆ To integrate our efforts with those of primary care physicians and other specialists to optimize patient outcomes.

Diagnosis Made the Difference

A Thyroid Cancer Patient's Story

Nick Charveron's office in the Microbiology Lab at ADM is adorned with many large trophies commemorating his successful passion for softball. Little did he know, a swallowing problem would result in Nick missing his first softball season in 35 years.

"It started in the summer of 2006 when I was having difficulty swallowing; food was lodging in my throat. I went to see my primary care physician and he referred me to the ENTA Allergy Head & Neck Institute. When traditional X-rays were unable to identify the issue, a CT scan at DMH showed a mass of lymph nodes under the muscles in my neck. A biopsy determined I had cancer and I needed surgery to clean up the cancerous lymph nodes. Dr. Sobol was called in and recognized that I had thyroid cancer and performed the

necessary surgery. He also consulted the office of oncology specialists. Because of the quick diagnosis, my thyroid cancer and my thirty-five affected lymph nodes were removed without complications and I went back to work quickly."

"The outstanding expertise of the entire ENTA and DMH team was such that not only was a diagnosis made to prompt surgery, but that further investigation and care determined that the thyroid and parathyroid were affected as well – a catch that probably saved my life."

Nick Charveron



Nick Charveron in a microbiology lab at ADM.



You may be suffering from seasonal allergies

More than 30 million Americans suffer from seasonal allergies. People who have allergies have an immune system that reacts to a usually harmless substance in the environment. This substance (pollen, mold, animal dander, etc.) is called an allergen. Triggers, or allergens, can vary by region of the country, but two main culprits are to blame for many fall seasonal allergy problems – these are weed pollens such as ragweed, and molds.

Some symptoms of seasonal allergies may include:

- Sneezing
- Sore, itchy throat
- Wheezing
- Fatigue
- Runny nose
- Itchy, watery eyes
- Coughing
- Headaches

If you tend to have many of these symptoms from year to year, lasting longer than a week at a time, you may be suffering from seasonal allergies. There are many steps you can take to eliminate or minimize your exposure to allergens and improve seasonal allergy symptoms. Avoiding the allergen is your first line of defense. For example, keep your house and car windows closed when possible.

Other suggestions include:

- Wearing a protective mask when gardening or doing yard work.
- Modify your indoor environment to keep out allergens, such as using high efficiency air filters in air conditioners and changing filters often.



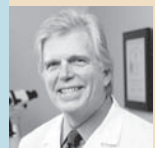
- Wear sunglasses to reduce the amount of pollen coming into your eyes.
- Wash your hair at the end of the day to wash out pollens, which will help avoid pollen transfer to the pillowcase.

An allergist can prescribe medications and can recommend other treatment options that may relieve your symptoms. Dr. Bethany Gibson, certified Allergist and Immunologist at ENTA Allergy, Head & Neck Institute specializes in the treatment of allergies. To learn more about relief for allergies contact ENTA today at 217-876-3682.

Our Physicians



Steven Sobol, MD, FACS
Medical Director



Stephen Chadwick, MD, FACS
Research Director



Terence Woods, MD, FACS
Otolaryngologist



Bethany Gibson, MD
Allergist & Immunologist



Candace N. Benner, APRN, NP
Nurse Practitioner