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**Riya Patel MD, Krutarth Pandya MD, Utsav Vaghani
MBBS, Hussam Tallab MD**

PGY-3 Internal Medicine Resident | Future Endocrinology Fellow

Painless Granulomatous (Sub acute) Thyroiditis in a very young Female: A Case Report and Literature Review

Abstract:

Subacute granulomatous thyroiditis, characterized by painful thyroid inflammation, exhibits a higher prevalence in females compared to males, particularly affecting middle-aged women. The disorder often presents with symptoms of thyrotoxicosis during the initial weeks, followed by hypothyroidism before resolving to normal. Prompt treatment with anti-inflammatory medications and corticosteroids leads to positive outcomes within a short timeframe. However, subacute granulomatous thyroiditis rarely manifests in young females without any symptoms for an extended period. In this case report, we present the incidental diagnosis of subacute granulomatous thyroiditis in a 21-year-old female, identified during a routine ultrasound exam over a year ago. This case had the unique characteristic of the patient being painless and asymptomatic throughout the course of presentation and management. Nevertheless, due to the nodule's size (>1 cm), the patient was referred to ENT specialist and a Fine Needle Aspiration, Ultrasound-guided, Thyroid nodule biopsy was recommended, revealing benign features with scattered granulomas, multi-nucleated giant cells, colloid, follicular cells, and inflammatory cells. This case highlights the significance of considering subacute granulomatous thyroiditis as a differential diagnosis in young patients presenting with asymptomatic thyroid nodules. Malignancy must be ruled out, and reassurance, along with proper patient education, should be provided. Symptomatic management and regular follow-ups are crucial for optimal patient care.

Biography: Riya Patel, MD, PGY-3 Internal Medicine Resident | Future Endocrinology Fellow Riya Patel is a graduating Internal Medicine resident at NEOMED in Ohio. She has been matched into the Endocrinology Fellowship Program at Metro Health/Case Western Reserve University in Cleveland, Ohio, USA. Her research interests focus on thyroid disorders, obesity, and reproductive endocrinology. Riya is dedicated to advancing patient care and contributing to the evolving field of endocrinology through both clinical practice and research.