



**US Medical Assistance Program**  
*Professional Education Resources for Thyroid Disease*

Thyroid disease is more common than diabetes and heart disease.<sup>1</sup> According to the U.S. Department of Health and Human Services, 27 million people suffer from a thyroid disorder and about half of these people have yet to receive a diagnosis.<sup>2</sup> Women are at substantially greater risk for developing thyroid disorders than men. According to the Agency for Healthcare Research and Quality, 12.6 million adult women in the U.S. reported receiving treatment for thyroid disease in 2008.<sup>3</sup>

In 2000, the American Association of Clinical Endocrinologists designated January as Thyroid Awareness Month to increase knowledge and raise public awareness of thyroid disease. In recognition of this designation, AmeriCares has compiled patient and professional education resources related to thyroid diagnosis and management to help safety net organizations continue to provide high quality care to their patients.

Below are professional education resources identified as comprehensive, user-friendly and practical for the safety net sector. A similar list was compiled of Patient Education Resources. Please refer to the Patient Education Resources tool for educational material appropriate for distribution for patients.

<b>Free for Download</b>
<p><b>American Thyroid Association (ATA)</b></p> <ul style="list-style-type: none"><li>○ The ATA offers publications for download by non-members, including an abstract and commentary publication that provides a look at the clinical thyroid literature (<a href="http://www.thyroid.org/thyroid-physicians-professionals/thyroid-disease-information/clinical-thyroidology/">http://www.thyroid.org/thyroid-physicians-professionals/thyroid-disease-information/clinical-thyroidology/</a>), the set of ATA Professional Guidelines (<a href="http://thyroidguidelines.net/">http://thyroidguidelines.net/</a>), as well as 3 interactive calculators (<a href="http://www.thyroid.org/thyroid-physicians-professionals/thyroid-disease-information/">http://www.thyroid.org/thyroid-physicians-professionals/thyroid-disease-information/</a>) for measurements including changes in thyroid nodule volume.</li></ul>
<p><b>American Association of Clinical Endocrinologists (AACE)</b></p> <ul style="list-style-type: none"><li>○ The AACE provides several comprehensive clinical practice guidelines on issues specific to thyroid disorders, including thyroid hypothyroidism, thyroid nodules and thyroid carcinoma (<a href="https://www.aace.com/publications/guidelines">https://www.aace.com/publications/guidelines</a>). Please note that some areas of the site may only be accessed by members.</li></ul>
<b>Membership to the Association Required</b>
<p><b>The Endocrine Society</b></p> <ul style="list-style-type: none"><li>○ Most of the publications on the Endocrine Society's site are available only to members (<a href="https://www.endocrine.org/">https://www.endocrine.org/</a>), including access to self-assessment tools, society webinars and discounted CME courses. A newsfeed on the site directs users to the most recent publications in the field of Endocrinology and is available to non-members as well.</li></ul>

<sup>1</sup> <http://www.thyroidawareness.com/about-your-thyroid>

<sup>2</sup> <http://minorityhealth.hhs.gov/templates/content.aspx?ID=7476>

<sup>3</sup> [http://meps.ahrq.gov/data\\_files/publications/st348/stat348.pdf](http://meps.ahrq.gov/data_files/publications/st348/stat348.pdf)

**Thyroid Journal Program**

- This monthly peer-reviewed resource for original articles, patient-focused reports, video journals and research on all thyroid related diseases is available only to subscribers. (<http://www.liebertpub.com/overview/thyroid-journal-program/625/>).