

*A public service message
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thyroid cancer survivor*



Know the signs.

Most thyroid nodules are benign, not thyroid cancer. And thyroid cancer is usually treatable.

Early detection saves lives. So does prompt treatment plus lifelong follow-up.

So, find thyroid cancer early.

Signs to discuss with your physician—a lump in your neck, lymph node swellings, or fullness in your neck. Tell your doctor if you've had voice changes or difficulty breathing or swallowing.

Ask for a **neck check** next time you see your doctor. It only takes a minute.

My Story

I was diagnosed with papillary thyroid cancer in November 2008 as a result of a routine gynecological examination. My doctor had recently begun doing neck checks of all patients as part of the regular examination and discovered that I had a large thyroid nodule. I still don't know how I didn't find it myself.

After followup testing, I had surgery in December 2008 to have my thyroid removed. My tumor was 5.9 centimeters. I followed the low-iodine diet to prepare for my radioiodine therapy. I had followup testing in Spring 2010, and will continue with my check-ups for the rest of my life.

I'm thankful for the thoroughness of my doctor. Promoting neck checks and thyroid cancer awareness is truly a personal quest for me. I encourage all doctors to do neck checks, a simple test that can save lives.

Visit ThyCa's web site for free brochures. Or call or e-mail ThyCa. ThyCa's free support services, education, and awareness materials are as close as your phone or computer.

ThyCa: Thyroid Cancer Survivors' Association, Inc.SM

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ThyCa: Thyroid Cancer Survivors' Association, Inc. <www.thyca.org> is a national non-profit 501(c)(3) organization of thyroid cancer survivors, family members, and health care professionals, advised by our Medical Advisory Council of thyroid cancer specialists and dedicated to education, communication, support, awareness for early detection, and thyroid cancer research fundraising and research grants.