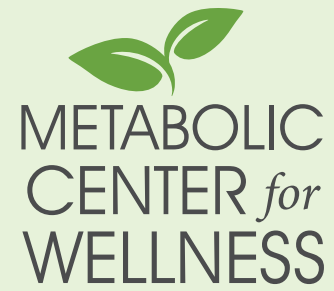


RADIOFREQUENCY ABLATION OF THYROID NODULES

A safe alternative to in-patient procedures



Reverse Endocrine Diseases • Manage Chronic Conditions • Enhance Wellness & Longevity

About one in three people have some sort of benign growth on their thyroid that never causes any problems. However, some growths can increase to a size that becomes cosmetically unappealing and worse yet, affects the ability to swallow and breathe. When this occurs, a relatively new procedure called radiofrequency ablation (RFA) of the thyroid nodule is a safe, scarless alternative to in-patient surgery.



As the only practice offering RFA in Central Florida, Metabolic Center for Wellness patients can undergo this minimally invasive procedure in the comfort of the office. RFA is performed under local anesthesia using ultrasound guidance to ensure the electrode remains far away from vital structures like nerves. In some cases, fluid may be drained before the unwanted tissue is destroyed using medium frequency current. This leaves the surrounding healthy tissue completely intact. The entire procedure only takes about 45 minutes.

Patients are asked to remain in the office about 30 minutes following RFA to ensure their safe recovery. Afterward, they can immediately return to their daily routines. ([more ►](#))

IN SUMMARY...

- One-third of thyroid growths never cause problems.
- Some growths are cosmetically unappealing and can affect swallowing and breathing.
- Radiofrequency ablation (RFA) of the thyroid nodule is a safe, scarless alternative to in-patient surgery.
- RFA can be performed in the office under local anesthesia and takes about 45 minutes.
- After 30 minutes in recovery, most patients immediately resume normal activities.
- During the following months, the growth continues to shrink and disappear.
- Some patients no longer require thyroid medications.
- RFA is not currently covered by insurance, but payment options are available.

During the months following the procedure, the thyroid tissue continues to shrink and disappear. This most often results in a drastic change in the outward appearance of the previously enlarged gland, as well as a reduction of symptoms like discomfort with swallowing and breathing. In some cases, the need to take thyroid medication is totally eliminated for life.

For years, RFA has been used around the world on organ tissues like the heart, as well as on certain tumors. In 2018, it was approved for use on the thyroid. Clinical trials have shown that “cold” benign thyroid nodules (those that do not produce excess thyroid hormones) treated with RFA consistently decrease to 93.5% over a 4-year period. “Hot” benign thyroid nodules (those that produce excess thyroid hormones) treated with RFA have shown volume reduction rates of 52.6% to 70.7% around the 6-month mark. Most of those patients experienced improved or completely normal thyroid function.

Dr. Angela Mazza has received extensive training on the RFA technique and has experienced great success with her patients. To see if RFA is right for you, schedule an appointment to learn more. Since this procedure is not currently covered by insurance, we also can discuss payment options.



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ABOUT US

The Metabolic Center for Wellness is a unique medical practice established to reverse endocrine diseases, manage chronic conditions, and enhance wellness and longevity. Led by Dr. Angela Mazza, the practice takes an individualized, holistic approach to healthcare based on the latest medical findings. Whenever possible, she seeks to reduce medication dependency and improve quality of life through diet, exercise and supplement modifications. For the convenience of her patients, Dr. Mazza is one of a few Central Florida endocrinologists who offers key medical procedures and wellness therapies in the office. The practice has a strong focus on education—empowering patients to participate in their own healthcare decisions.

Key areas of focus include:

- Radiofrequency Ablation of Thyroid Nodules
- Thyroid Disease
- Hormonal Imbalance
- Bioidentical Hormone Pellet Therapy
- IV Therapy and Injections
- Nutraceuticals
- Medical Cannabis



Angela Mazza, DO, FAAMFM, ECNU, CDE, is double-board certified in endocrinology and internal medicine. She has served as a principal investigator for large-scale diabetes therapy and device trials; has presented at international medical conferences; was among the first physicians selected for the UCF College of Medicine; and serves as a formulation advisor to Douglas Laboratories.