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Letter to the Editor

Letter to editor: “Thyroid surgery and obesity: Cohort study of surgical outcomes and local specific complications”



Dear Sir,

We read with interest the article by Farad et al. titled “Thyroid surgery and obesity: cohort study of surgical outcomes and local specific complications”.¹ We congratulate the authors on dealing with an issue pertinent to the present day endocrine surgeon, who has to deal with the epidemic of obesity combined with endocrine problems. We also agree with the authors that obesity poses perioperative, intra operative and post-operative risk for complications. The endocrine surgeon should have a clear road map in the form of proper preoperative planning with counseling to avoid complications. The Surgeon also has to contend with the fact that obesity and overweight predisposes to thyroid cancer; which plays in the mind when dealing with indeterminate nodule in an obese individual.²

We have few queries which may interest future readers. Did any of these patients undergoing thyroidectomy were hypothyroid initially and were given thyroxine supplementation? Were these patients started on low molecular weight heparin in the preoperative or postoperative setting? Did these patients with thyroid disorders undergo evaluation for other endocrine causes of obesity? Do the authors think that endoscopic thyroidectomy can

be a solution to difficult open surgery in obese patients with better wound healing?

Thanking for the comments on these issues.

References

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2. Zhao ZG, Guo XG, Ba CX, et al. Overweight, obesity and thyroid cancer risk: a meta-analysis of cohort studies. *J Int Med Res.* 2012 Dec;40(6):2041–2050.

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