

## Tiroid Nodüllerinde Tanısal Yaklaşım: Radyonüklid Görüntüleme

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### Özet

Tiroid sintigrafisi, tiroid bezi hastalıklarında geçmişten günümüze kadar, en sık kullanılan radyonüklid görüntüleme tekniği olup; tiroid nodüllerinde fonksiyonel değerlendirmenin ayrılmaz bir parçasıdır. Uzun yıllardır tiroid sintigrafisi ve tiroid uptake ölçüm çalışmalarında, tiroidin iyodu konsantre etme özelliğinden dolayı  $I^{123}$  ve  $I^{131}$  gibi radyonüklidler kullanılmaktadır.  $Tc^{99m}$  perteknetat iyot ile benzer tutulum mekanizmasına sahip olması ve gama kameralarda görüntüleme için ideal fiziksel özellikleri ile tiroid sintigrafisinde rutin kullanıma uygun bir ajandır. Yaygın olmamakla birlikte tiroid uptake çalışmalarında da kullanılmaktadır.

Tiroid sintigrafisi, tiroid nodüllerinin değerlendirilmesinde başlangıç tetkiki olarak tercih edilmese de hipertiroidi belirtileri veya semptomları veya baskılanmış TSH ile seçilen hastaların tanısında, ultrasonografi ve diğer görüntüleme yöntemlerine tamamlayıcı olan bir tanısal yöntemdir.

Fizik muayene ya da görüntüleme yöntemleri ile tespit edilen nodüllerin benign/malign ayrımının yapılması klinikte karşılaşılan önemli bir sorundur. Bu grup hastalara öncelikli yaklaşım, var olan malignite riskini dışlanması ve düşük riskli nodüllerin gereksiz cerrahisinin önlenmesidir. Sitolojik olarak belirsiz (indetermine) tiroid nodüllerinin ayırıcı tanısında,  $Tc^{99m}$ MIBI, Talyum<sup>201</sup>,  $F^{18}$ -FDG gibi radyonüklidlerin kullanıldığı birçok çalışma mevcuttur. Literatürde bu radyonüklidlerin malign nodüllerin belirlenmesine katkısı olduğu bildirilmekle birlikte; daha spesifik moleküler ajanlara ihtiyaç duyulmaktadır.

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