



June 13th, 2014

Improving treatment for thyroid patients

The innovative ways in which patients with thyroid disorders are being treated at South Tyneside District Hospital will be highlighted when Consultants Dr Jeevan Mettayil and Dr Khaled Dukhan address South Tyneside NHS Foundation Trust's Medicine for Members meeting.

One of the main functions of the thyroid gland is to produce hormones that help regulate the body's growth and metabolism.

Dr Mettayil explained: "If it does not function properly, this can affect health in many ways, including increasing the risk of obesity, heart disease, depression, anxiety, hair loss, sexual dysfunction and infertility, so it is important that thyroid disorders are diagnosed and successfully treated."

Dr Mettayil and Dr Dukhan have led the development of a number of improvements in the treatment pathway for thyroid patients to make it easier for them to receive 'joined-up' care. As part of this streamlining, waiting times for clinic appointments for underactive and overactive thyroid patients are among the shortest in the North East.

A new, multi-disciplinary meeting with Consultant Radiologist Dr Ai-Lee Chang has also been introduced, where complex cases of thyroid nodules are discussed to arrive at a treatment plan incorporating wide-ranging views.

There are plans to develop a 'one stop' thyroid nodule clinic, which would be one of the first of its kind in the region, where patients would be seen and, if necessary, have a biopsy. This would have the twin advantages of shortening waiting times and speeding up the process when the need for investigations is indicated.

Robust links have already been established with teams at City Hospitals Sunderland NHS Foundation Trust for those patients who may require further intervention.

The Medicine for Members meeting on Monday, June 23rd, will be at 2.30pm in the Lecture Theatre in the Education Centre at South Tyneside District Hospital, with refreshments available from 2pm. These regular meetings are an opportunity to find out about the work of South Tyneside Foundation Trust. Anyone wishing to attend is asked to contact the membership line on 0191 2024121 during office hours or to leave a message. This is also the number to ring if you are not currently a member but would like to find out more about joining.



The Trust provides hospital services in South Tyneside and community health services in Sunderland, Gateshead and South Tyneside. Membership is free and is open to residents in all three areas who are over the age of 16. Members receive regular updates about the work of the Trust and are invited to events, meetings and presentations on health issues.
ends

*Pictured above: The first photograph shows Consultant Dr Jeevan Mettayil.
The second photograph shows Consultant Dr Khaled Dukhan.*

Issued on behalf of South Tyneside NHS Foundation Trust by Kay Jordan
For press enquiries on this release, contact 0191 404 1128 or email kay.jordan@stft.nhs.uk