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ThyCa: Thyroid Cancer
Survivors' Association, Inc.
(www.thyca.org)
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- Executive Director of ThyCa: Thyroid Cancer Survivors' Association (ThyCa), a non-profit patient organization, representing more than 22,000 people.
- Thyroid cancer survivor who had 5 treatment doses of Radioactive Iodine within a 3 year period.

Thanks to James Luehman, one of this morning's speakers, who participated at this year's 13th International Thyroid Cancer Survivors' Conference on behalf of the NRC.

Why am I here?

Consider the following questions:

- What instructions are the patients given, oral and/or written?
- How does the dosing hospital determine who is safe to discharge after dosing?
- Who is released after radioactive iodine, how quickly, and after what dose?
- Do patients drive themselves home or take public transportation, exposing others?
- Do they go home or to a hotel?

What resolution would ThyCa like?

ThyCa does not advocate that everyone treated with Radioactive Iodine need be isolated for 1, 2 or 3 nights.

- Facilities need to adhere to standard instructions/questionnaires in evaluating who can or can't be released from the dosing facility.
- Facilities need to address the issues of private housing and transportation versus commercial.

ThyCa recently developed an online survey with regards to RAI issues.

- presented to 15,000 survivors
- 2,421 participants responded
- 1,551 had one or more outpatient RAI
- 147 of the 1,483 who answered had vomiting (9.95%)
- 67 participants (4.5%), reported vomiting within the first 4 hours of I-131

Compromise between immediate release and overnight (or longer) isolation is holding people for a period of hours before release to insure no nausea and/or vomiting. For most patients, holding the patient for 3-4 hours will ensure that the RAI has been absorbed. NCRP 155 addressed this very option.

It is time for action!

- Update standard written instructions to be easier to read, and understand
- Make instructions available in a number of languages for the same reason
- Develop a script for oral instructions. This redundant effort is necessary.
- Consider different languages, and level of understanding (keeping in mind the patient may be extremely hypothyroid).

I invite all of you to join us at next year's 14th
International Thyroid Cancer Survivors'
Conference:

Los Angeles, California

October 14-16, 2011

Interested in attending? Contact me at:
gbloom@thyca.org, or 301-943-5419.