



## **Evaluation of Patients with Goiter and Thyroid Cancer in Shkodra Region of Albania**

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*Received June 16, 2015; Accepted July 26, 2015*

**Abstract:** The aim of this study is to describe the demographic characteristics and disease patterns among patients with goiter and tumors of the thyroid gland in Shkodra region he environmental factors involved in goiter development. The state of normal thyroid function is called euthyroidism. There are several reports in the literature which examine the role of nutritional factors in the ethiology of goiter. Such nutritional factors include iodine, selenium, vitamin A and iron as well as foods containing thiocyanate and proteins. Thyroid hormones are recognized as catabolic hormones and they regulate various processes of metabolism. The relationship between thyroid hormones and lipid metabolism is clearly displayed in patients suffering from thyroid dysfunctions. Iodine deficiency has multiple adverse effects in humans, termed iodine deficiency disorders, due to inadequate thyroid hormone production. Assessment methods include urinary iodine concentration, goiter, newborn TSH, and blood thyroglobulin. But assessment of iodine status in pregnancy is difficult, and it remains unclear whether iodine intakes are sufficient in this group, leading to calls for iodine supplementation during pregnancy in several industrialized countries. Participants in this study will were patients diagnosed with or suspected to have a thyroid function disorder. These conditions may include: diffuse and euthyroid goiter and tumors of the thyroid gland . The main purpose of this study is to further understand the natural history, clinical presentation, and genetics of thyroid function disorders. Many of the tests performed are in the context of standard medical care that is offered to all patients with thyroid function disorders.

**Keyword:** *Goiter, tumors, thyroxine (T4) triiodothyronine (T3), TSH*

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