

**THE PREVALENCE AND ASSOCIATED  
FACTORS OF GOITER AMONG WOMEN  
IN HARGEISA GROUP HOSPITAL  
SURGICAL CLINIC IN HARGEISA,  
SOMALILAND**

**Presenter: Dr Afnan Nuh**

**General surgeon**

**University lecturer**

**Hargeisa Group Hospital**

- **Goiter** is a term used to describe any enlargement the thyroid gland,
- Thyroid disease is common endocrine problem in our community,
- Majority of the patients with goiter come from Northern and Eastern region of Somaliland where there is iodine deficiency mainly.
- Goiter, linked by various risk factors, is highly prevalent in the region of Hargeisa, Somaliland. And it is a serious health issue among women living in our territory.

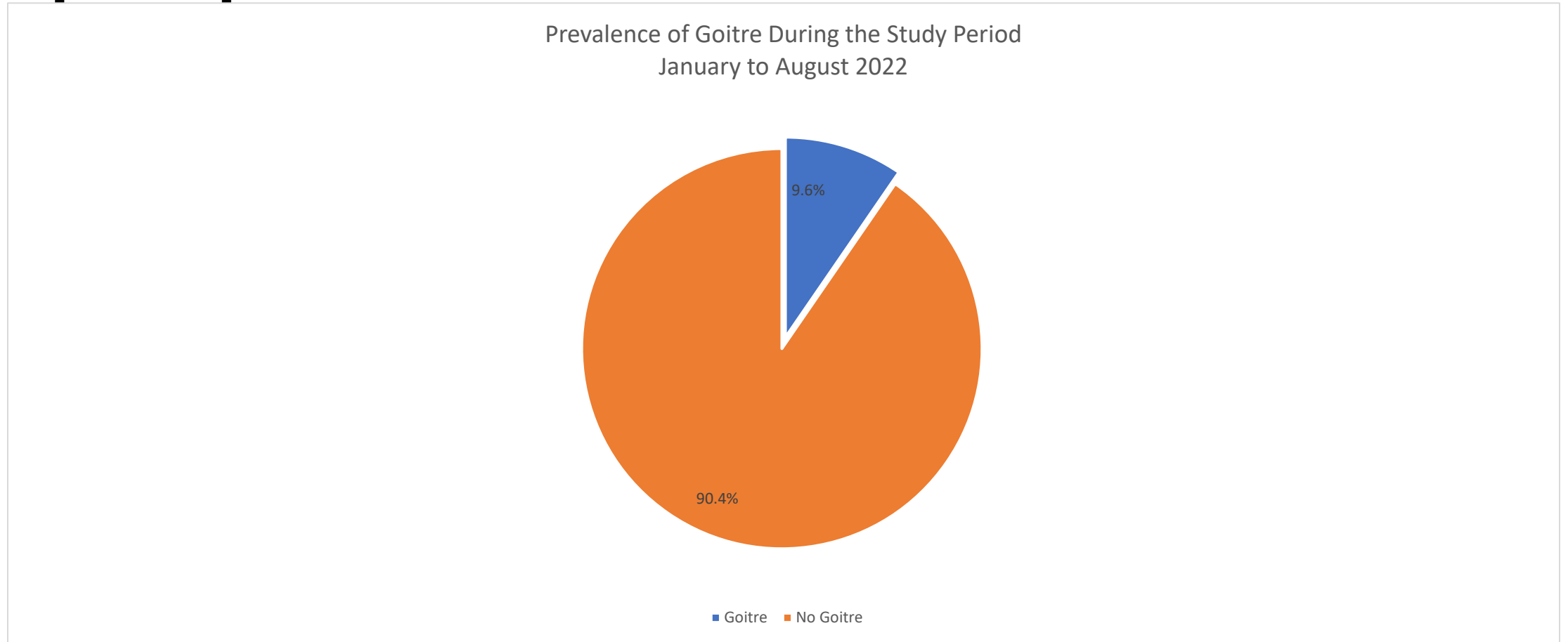
# Objective of the study

- **General objective:** is to assess the prevalence and associated factors of goiter among women in HGH(Hargeisa Group Hospital) surgical clinic
- **Specific objective:**
  - a) To determine the prevalence of goiter among patient attending HGH
  - b) To determine the association between sociodemographic factors and goiter among patients attending Hargeisa group hospital
  - c) To find out the association between dietary factors and goiter among patients attending HGH

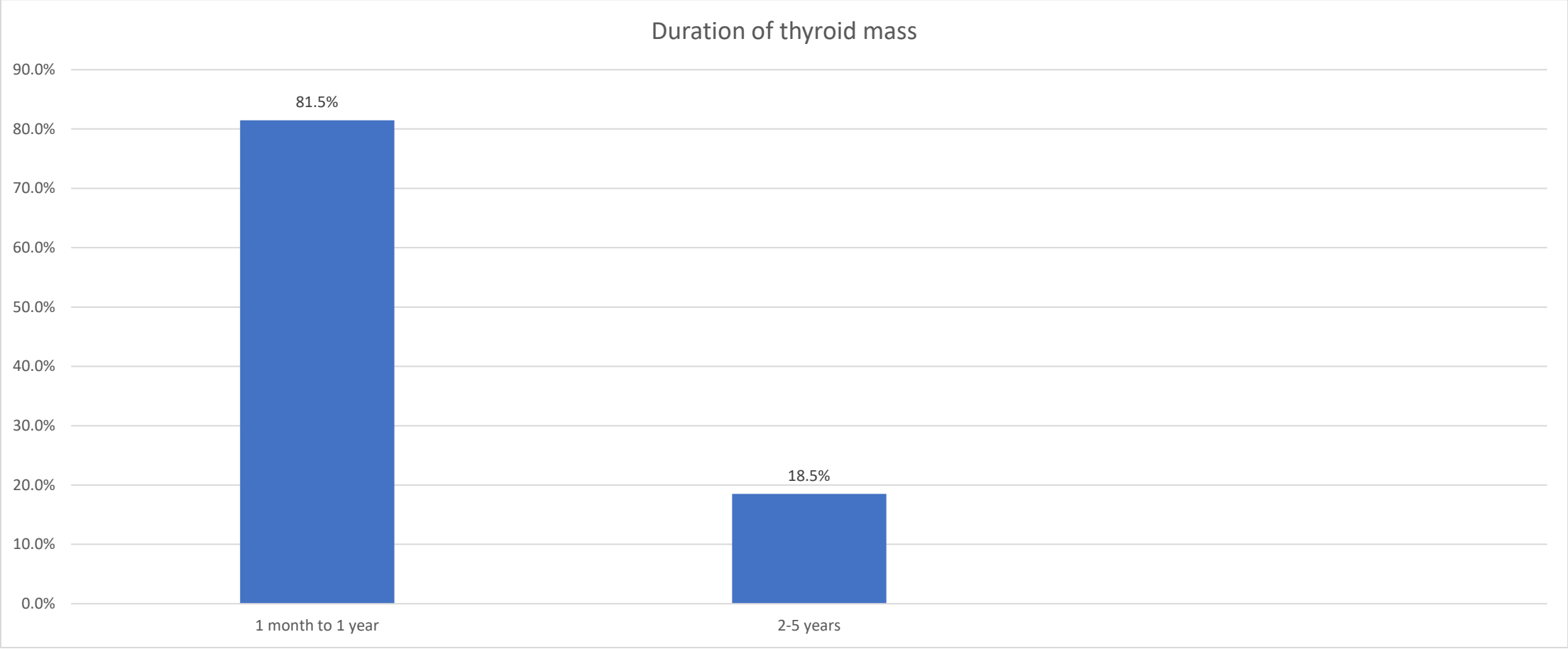
- In a study we conducted last year, a cross sectional analysis from the patients who visit our out-patient clinic of general surgery HGH.
- Among the data we collected between **January to August 2022** a total of **1659** patients visited the general surgery outpatient clinic of HGH .
- The study sample was distributed equally by those diagnosed with goiter and those who were not.
- And independent risk factors were defined by making comparisons among the groups.

# Results

The figure shows the prevalence of goitre in Hargeisa Group Hospital



# Duration of thyroid mass among Study Participants



**Prevalence of goiter**



**Goitre  
(Present or Absent)**

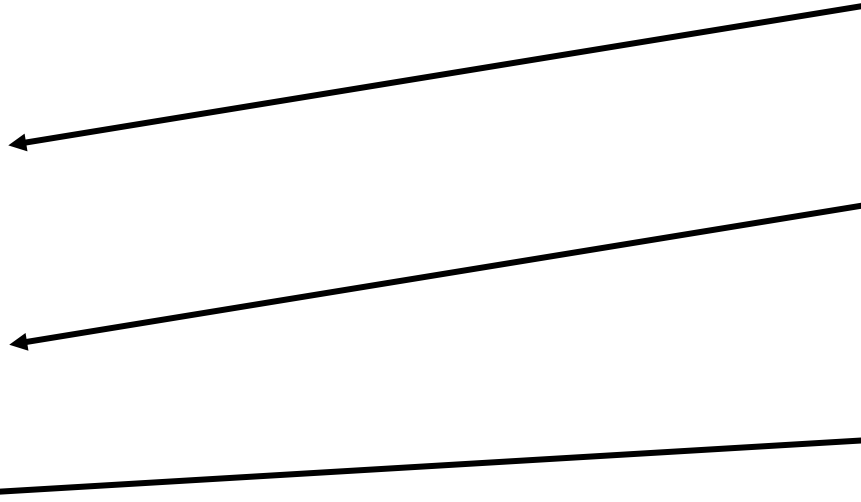
**Factors related to goiter  
development**



**Socio-demographic**

**Diet (Utilization of iodized salt)**

**Diet (use of cabbage)**



# Conclusion of the research study

- This study provides additional evidence that the prevalence of goiter in HGH is **9.6%**.
- Diet like cabbage, parity and iodine status are the major factors associated with the prevalence of goiter in females among HGH surgical clinic,
- whereas employment status has not being related to goiter.





# **Different presentation of goiter in Somaliland**



**Nodular goiter**



**Toxic Nodular goiter**





Picture taken after patient's consent



**Asymetrical  
multinodular Gioter**

# Diffuse enlargement of thyriod gland





# Diffuse toxic goiter



# Thyroid carcinoma



**Other pediatric presentations include mainly thyroid abscess which is less likely to see. mainly due to persistent pyriform sinus, or simple acute suppurative thyroiditis following upper respiratory tract infections like this child**



**Thyroid abscess**





- On the other hand, **malignancy of thyroid disease** is quite common in Hargeisa.
- **Follicular carcinoma** is common, **anaplastic type** to second most common.
- Although thyroid carcinoma are most commonly treated cancer in the word. But many risk factors lead our community to die from thyroid malignancy.  
➤
- so the only palliative management we can provide for such late stage presentations is only **Tracheostomy**.
- Patient came in early as a 2<sup>nd</sup> or 3<sup>rd</sup> stage who under go surgery benefit from it.



# Reasons that delay medical and surgical intervention in Thyroid carcinoma patient

1. Traditional beliefs over medical assistant
2. Fear of surgery
3. Financial





- **Thank you ....**