Through the collaboration of multiple specialists, Hackensack Meridian Health offers a unique multidisciplinary approach to provide high quality care across the range of diseases of the thyroid gland, parathyroid glands and adrenal glands. Our program is one of the few in the state with dedicated endocrine surgeons, who offer expertise in minimally invasive surgical techniques in addition to medical management and advanced surgical procedures.

Thyroid conditions remain under-diagnosed in the community and we believe it is critical for our team to work together with primary care physicians and obstetricians/gynecologists to provide the very best care to patients. Along with the endocrine surgeons and endocrinologists, our team consists of radiologists, pathologists, oncologists, genetic counselors and speech therapists to offer comprehensive medical and surgical treatment options for patients.

In addition, our program conducts several clinical trials and holds monthly thyroid cancer support groups and seminars throughout the year.
Surgical Expertise

Thyroid and parathyroid surgeries
- Minimally invasive thyroid and parathyroid surgeries
- Video-assisted endoscopic parathyroidectomy and thyroidectomy
- Same day (outpatient) thyroid and parathyroid surgeries
- Intraoperative PTH monitoring
- Intraoperative recurrent laryngeal nerve monitoring
- Intraoperative external branch of the superior laryngeal nerve monitoring
- Modified radical neck dissection and radical neck dissection
- Laparoscopic transabdominal lateral adrenalectomy
- Laparoscopic posterior retroperitoneal adrenalectomy
- Thyroid ultrasound
- Ultrasound guided FNA biopsy of thyroid nodules

Minimally Invasive Video-Assisted Endoscopic Parathyroidectomy

In comparison to traditional methods, the video-assisted endoscopic parathyroidectomy procedure at Hackensack Meridian Health provides patients with a minimally invasive approach to treat hyperparathyroidism. Prior to surgery, a nuclear radiologist has the ability to detect parathyroid adenomas in about 85-90% of patients, using the latest Sestamibi scanner. In addition, an endocrine surgeon performs an ultrasound in order to localize the adenoma. When an adenoma is localized, the surgical procedure will be completed in approximately 15-20 minutes.

During surgery, the surgeon places an incision on a patient’s natural skin crease while using video assistance for magnification to remove the adenoma. Following its removal, intra-operative Parathyroid Hormone (PTH) monitoring is utilized to determine appropriate treatment.

Key Patient Benefits
- Significant reduction in pain resulting in increased satisfaction with procedure
- Same day procedure with only a 3 hour observation period following surgery
- Faster recovery as patients have ability to return to regular routine within 1-2 days after surgery
- Minimized visibility of the scar – no drains or stitches necessary (only skin glue)

Laparoscopic Adrenalectomy: The Posterior Retroperitoneoscopic Approach

The posterior retroperitoneal approach (from the back) allows for performing truly minimally-invasive laparoscopic surgery to remove adrenal gland tumors in comparison to the laparoscopic trans-abdominal approach from the front. By approaching from the back, it eliminates the need to mobilize the liver, spleen, and/or tail of the pancreas, making the surgical approach much easier for the patient.

Key Patient Benefits
- Significant reduction in pain resulting in increased satisfaction with procedure
- Faster recovery as patients have ability to return to regular routine within hours after surgery
- Minimized visibility of the scar

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