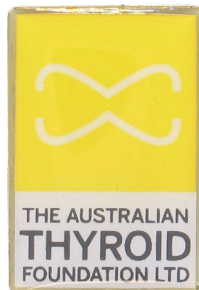


MEDIA RELEASE

1st September 2020

THYROID CANCER IS INCREASING AMONGST YOUNGER AUSTRALIANS – DON'T LET COVID PUT OFF YOUR HEALTH CHECK



Gold Bow Day – 1st September is the Australian Thyroid Foundation's (ATF) Thyroid Cancer Awareness Day!

The ATF is calling upon all Australians to be aware of any changes or symptoms related to thyroid cancer. Even if you live in areas impacted by COVID and are restricted movement – this is a disease that can not be ignored.

Although Thyroid Cancer can affect all Australians of all age groups and demographics, statistics show that younger Australian women are more at risk. Awareness is the key to ensure you do not overlook any symptoms or changes that need to be investigated.

- 2744 women and 1041 men are estimated to be diagnosed with thyroid cancer during 2020
- Thyroid Cancer was the 9th most commonly diagnosed cancer in Australia in 2016, with 2020 estimated figures to remain the same
- Thyroid Cancer increased from 363 in 1982 to 2973 in 2016
- Average survival rate after 5 years is 97% with early diagnosis and treatment

'ATF Medical Advisor – Professor Bruce Robinson says, "If you have any change of voice, an unexplained cough, breathlessness or difficulty swallowing then a thyroid problem could be the cause and a thyroid ultrasound is indicated.'

'Professor Robinson continues, Lumps in the thyroid more than 1.5cm should be biopsied if they are not making thyroid hormones. Biopsy is critical to determine whether lumps are benign or malignant (cancerous).'



25 Years of Support, Education, Awareness and Advocacy

‘Although, if detected early the outcome and recovery is very positive. There are many reasons why thyroid cancer can develop and all Australians need to be aware, particularly if you have a thyroid disorder, family history of thyroid cancer or symptoms that need to be investigated, continues Prof Robinson.’

‘Early detection is essential to ensure nothing is overlooked and the ATF are here to help with information and support patients through their journey. This is doubly important as we face millions of Australians who have been impacted and who are staying away from doctors because of COVID’ says Beverley Garside – ATF CEO.

The ATF encourage all Australians to visit the ATF website and buy a Gold Bow Badge from the online shop - <https://thyroidfoundation.org.au/Sys/Store/Products/217> and wear proudly, knowing you are raising awareness about Thyroid Cancer.

‘Being aware is the importance of the ATF message for **Gold Bow Day!** Your thyroid health is essential to your wellbeing, so speak to your doctor, if you have any symptoms, says Beverley Garside.’

‘2020 is the ATF’s 25th Anniversary, as the Australian Education, Support, Advocacy and Awareness Organisation, supporting and educating its members and the general public about the importance of Good Thyroid Health. We are very proud to have reached this milestone and we look forward to continuing our work into the future and continuing to raise awareness” says Beverley Garside.

The thyroid gland is located at the front of the neck, below the voice box. As part of the endocrine system, the thyroid plays a critical role in the healthy function of the body, influencing and regulating the activity of all cells and tissues. A healthy thyroid gland uses ingested iodine from iodine enriched foods to produce thyroid hormones which regulate body and brain growth and development, body temperature, energy levels and metabolic functions.

For Information, or to support the ATF, please visit www.thyroidfoundation.org.au

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For all media enquiries, please contact:

Beverley Garside

Chief Executive Officer

Australian Thyroid Foundation

M: 0416 269 982 | E: beverley@thyroidfoundation.org.au