



# The Galle Medical Journal

Journal of the Galle Medical Association

Volume 27    Number 1    March 2022

## Editors in Chief; Galle Medical Journal

Satish K Goonesinghe  
Eisha I Waidyarathne

## Editorial Board

Gayani Alwis  
Lasanda Gajaweera  
K B Galketiya  
Sampath Gunawardena  
H M M Herath  
Ruwani Hewawasam  
Krishantha Jayasekera  
Clifford Perera  
Chandima Wickramatilake  
Gaya Wijayaratne  
Champa Wijesinghe  
Channa Yahathugoda

## Editorial Assistant

S Sureka Samanmalie

© The Galle Medical Journal, 2022 March  
The Galle Medical Association  
GMA Office  
Teaching Hospital Karapitiya  
Galle  
SRI LANKA

ISSN 1391-7072

Tel/Fax: +94 91 2232560  
E-mail : [gmj@gma.lk](mailto:gmj@gma.lk)  
[gmjgalle@gmail.com](mailto:gmjgalle@gmail.com)

Web Site: [www.gma.lk](http://www.gma.lk)

Internet Home Page:

<http://www.sljol.info/index.php/GMJ>

## Editorial

### Review, change and innovation towards better patient care; lessons through thyroid disease

As we all are aware, the thyroid gland plays a key role in regulating metabolism and in the regulation of function of a broad range of organs and organ systems. It is broadly held that there is a sizeable proportion of the global population with undiagnosed thyroid disease including disordered function. The spectrum of thyroid-related conditions ranges from benign to malignant disease. This issue of the *GMJ* feature two key papers in endocrine pathology and endocrine surgery.

Wijesiri *et al.*, focus on a process of review of previous histopathological diagnoses of thyroid cancer. In their paper, a new category of papillary thyroid cancer has been defined - "Non-invasive Follicular Thyroid Neoplasm with papillary-like nuclear features" (NIFTP) with excellent prognosis. This reclassification and the review of previous diagnoses have reduced the incidence of histopathologically diagnosed thyroid cancer by 2 percentage points (23.87% to 21.82%). Although it appears to be a small figure, when extrapolated to a large population, the downward trend becomes very significant. In a broad sense, this paper calls for review of diagnoses where comprehensive reclassifications and changes in histopathological criteria have been made.

Goitres in general find their home in the neck. However, enlarging goitres may transcend their boundaries to reach the thorax. These retrosternal goitres pose a challenge to the surgeon. De Silva *et al.*, focus on the challenges of surgery on 60 retrosternal goitres. They elaborate on a change of surgical approach - from the traditional neck approach to the thoracoscopic approach with reductions in operating time, blood loss, postoperative analgesic requirement and length of

hospital stay. Although the thoracoscopy group is relatively small, it likely to be dominant approach into the future with better patient outcomes.

We need to always look back and review our clinical, academic and research work; perform audit and make changes in processes. We also need to take up challenges and innovate with new approaches and treatment/surgical techniques for improved patient outcomes.

Our ancestors, who were mere hunter-gatherers, have transformed to be the modern-day *Homo sapiens* by rising up to challenges and making changes and innovations towards progress and advancement!

***Satish K Goonesinghe***

***Eisha I Waidyaratne***

*Editors in Chief/GMJ*