

● Content of the examination

[Primary Examination]

An ultrasound examination assesses whether there are any nodules or cysts. The examination ordinarily finishes in three to five minutes with no pain involved.

The diagnosis panel, consisting of medical specialists, reviews the ultrasound images and makes diagnoses. The examination results are sent by post, but explanations are given at the examination venues or by phone upon participants' requests.



[Confirmatory Examination]

When a more detailed examination is found to be necessary as a result of the Primary Examination, the Confirmatory Examination is conducted for the relevant person. In the Confirmatory Examination, another ultrasound examination, plus blood and urine tests are conducted.

If a doctor considers it necessary as a result of these tests, fine-needle aspiration cytology of the thyroid may also be performed and interpreted.

Prepared based on the website of the Radiation Medical Science Center for the Fukushima Health Management Survey, Fukushima Medical University (Information on the Thyroid Ultrasound Examination, FAQs)

An ultrasound examination is conducted with an participant lying on his/her back. A doctor places an ultrasonic probe with jelly on its tip over the participant's thyroid (located around the base of the neck) and examines whether there are any cysts or nodules while moving the probe over the participant's skin.

The examination ordinarily finishes in three to five minutes with no pain involved.

Definitive diagnoses from the Primary Examination are not made at the venues. In order to make comprehensive and objective judgments, ultrasound images are later reviewed by a panel of medical specialists. This is to ensure a consistently high level of diagnostic accuracy throughout the Fukushima Health Management Survey.

The sizes of nodules and cysts mentioned above are reference values for making diagnoses. If any nodules or cysts found in ultrasound images are suspected to be malignant, the case is designated as Grade B irrespective of the sizes of the nodules or cysts and the Confirmatory Examination is recommended.

In the Confirmatory Examination, a more accurate ultrasound examination, plus blood and urine tests, are conducted. If, as a result of these tests, a doctor considers it necessary, fine-needle aspiration cytology, an examination of a sample tissue taken from the person's thyroid, may also be conducted.

Included in this reference material on March 31, 2016

Updated on March 31, 2019