

Preface

While endocrine surgery is a field that demands meticulous operative technique and close attention to detail, it requires just as much if not more in the preoperative and postoperative management of patients. As endocrine surgeons we are not merely technicians removing a thyroid or a parathyroid, but physicians that are curing diseases of the endocrine system through surgery. What separates us from other surgeons that may do the same technical operation is that we understand the diseases we are operating on and how to determine who needs an operation, what operation should be done, and how to best care for the patient before and afterwards.

Much of what we know about the practice of endocrine surgery isn't learned from reading journal articles or book chapters; it was learned from our mentors, who helped to train us in both the art and science of endocrine surgery. It is the clinical pearls that our mentors taught us of "how I do it" that is at the essence of this book.

Residents and fellows are taught what tests to order and what is in the differential diagnosis, but when it comes down to interpreting those tests or figuring out how to actually rule out those other conditions in the differential diagnosis they often struggle to find a reference that could help in the actual day to day clinical world. They may know that a patient with suspected Cushing's syndrome needs to get a dexamethasone suppression test, but don't really know what that means. When do you give the steroids, when do you check the labs, how do you interpret the results, do you need to stop any medications? There are plenty of books and references that will tell you the correct test to order, but few that tell you exactly how to do it or how to interpret it. Hence the goal of this book is to be a reference that can answer those questions. This book is designed to be a very practical and clinical relevant reference that can guide the

practicing surgeon through the work up and management of patients with surgical endocrine diseases.

The book is divided into four main sections focusing on Thyroid, Parathyroid, Adrenal, and Endocrine Pancreas. Each section is divided into two parts with the first part focusing on diagnosis and the second part focusing on clinical management. The authors of this book are leaders in endocrine surgery both past, present, and future. They share the wisdom of their experience and knowledge, as well as their mentors, and help to shape your understanding of the diseases that they treat. The authors have incorporated the latest tests and techniques and shared their practical experience of “how they do it.”

We are grateful to the many contributors to this text. This book represents the efforts of many people whom we consider friends and colleagues as well as leaders in the field. They have put forth a great effort into their contributions and it is our hope that you will appreciate their knowledge and effort and find this text an invaluable resource in your day to day practice.

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