Rationale
The prevalence of thyroid nodules found by means of palpation is approximately 5%, but an estimated 50% of unselected populations have nodules that can be discovered at ultrasonography. 95% of all thyroid nodules are benign.

Even if surgery is the treatment of choice, risks of complications lead to the development of various non-surgical, minimally invasive techniques.

Methods
20 euthyroid patients diagnosed with a benign solitary or dominant thyroid nodule were treated in one session with ultrasound-guided high intensity focused ultrasound (i.e. echotherapy)

Mean thyroid volume at baseline: 4.96 ml ± 2.79
Mean patient age: 44.5y [24-65]
Treatment on an outpatient basis and under conscious sedation

Results
Mean volume reduction over time (% vs. months)

Mean procedure duration: 86.8min [37-152]
Treatment well tolerated by all the patients
No serious adverse event

Conclusion
Echotherapy is an effective and safe non-invasive treatment method for benign solid thyroid nodules.