

TIME to talk to
**YOUR
PHYSICIAN**

Avoiding possible misconceptions about radioactive iodine (iodine-131) enables you and your doctor to decide **WHAT'S RIGHT FOR YOU.**

The TIME program was developed to help patients with differentiated thyroid cancer make informed decisions about their treatment. Developed with leading physicians in endocrinology and nuclear medicine, the program provides useful and important educational materials that give patients the information they need to have productive conversations about treatment options with their doctors. We encourage you to talk to your doctor for any questions or concerns about radioactive iodine or your thyroid cancer management plan in general.



THYROIDECTOMY • IODINE-131 THERAPY • MONITORING • EDUCATION

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TIME to get the facts about
**RADIOACTIVE
IODINE
(IODINE-131)**

While radioactive iodine has been used successfully in thyroid cancer for decades, its benefits and risks are sometimes misunderstood by thyroid cancer patients. To help you avoid any confusion, we have provided some facts that dispel common misconceptions patients may have.

If you have questions or concerns about radioactive iodine, talk with your doctor.

Fact vs Fiction



TIME to dispel common MISCONCEPTIONS

“I DON’T NEED RADIOACTIVE IODINE (IODINE-131) BECAUSE I HAD ALL OF MY THYROID REMOVED”

- Surgery may not remove 100% of thyroid cells
- Many surgeons leave behind some thyroid tissue to minimize the risk of nerve damage affecting your voice box or damage to your parathyroid glands
- Even in some early cases, thyroid cancer has already spread beyond the thyroid to lymph nodes and other parts of the body before your thyroid surgery

“I’LL BE RADIOACTIVE AFTERWARD”

- Risk of radiation exposure or contamination from your body depends on your biology, radioactive iodine dose, and how much thyroid tissue remains in your body after surgery
- Radiation exposure from radioactive iodine is limited only to when iodine-131 is in the body; 80% or more is usually eliminated from your body within 48 hours¹
- Your doctor will advise you to take certain precautions to avoid radiation exposure (in various circumstances) to others for several days after therapy (typically 1 to 5 days)²
- Everyone is different; talk to your doctor about your specific situation

“I WILL LOSE MY HAIR”

- Radioactive iodine does not cause hair loss

“THE SIDE EFFECTS OF RADIOACTIVE IODINE (IODINE-131) ARE HORRIBLE”

- Radioactive iodine is generally well tolerated³
- Most side effects, if any, last for a short time, resolve themselves, and are very manageable
- Common side effects include⁴:
 - Nausea and upset stomach (your doctor can prescribe medication to reduce the chance of this)
 - Possible reduction in the production of saliva
 - Temporary taste changes

“I DON’T NEED RADIOACTIVE IODINE (IODINE-131) BECAUSE MY DOCTOR SAYS I HAVE A LOW RISK OF MY THYROID CANCER COMING BACK”

- Doctors don’t agree on how to treat low-risk patients because it is not known who may or may not benefit from radioactive iodine
 - Ask your doctor about the benefits and risks of radioactive iodine for your specific situation

“I WON’T BE ABLE TO HAVE KIDS”

- There is no evidence that radioactive iodine causes female infertility or birth defects in children⁵
- Medical experts generally recommend that women should wait 6 to 12 months before becoming pregnant after receiving radioactive iodine^{5,6}
- Men may have decreased sperm counts and temporary infertility for about 2 years⁶

“THE RADIATION FROM RADIOACTIVE IODINE (IODINE-131) WILL BE HARMFUL TO MY BODY”

- As with any medication, there are risks of side effects, which your doctor can explain to you
- Treatment with radioactive iodine is a targeted therapy because of how iodine is taken up by thyroid cells, minimizing the risk of harm to other parts of your body
- It is extremely rare that radioactive iodine is linked to the development of other cancers⁷



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For more information on the TIME program, visit www.draximage.com/TIME