

3<sup>rd</sup> Global Summit on **PHYSIOLOGY AND METABOLISM OF THYROID**

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**Thyroid Nexus 2024: Innovations in health, detection, and precision care****RoSeé Carmilla Murphy***Cloud Architect, USA*

**Introduction:** The thyroid gland plays a pivotal role in human physiology, regulating metabolism and influencing the development and function of vital organs. Recent advancements in technology and pharmaceuticals have reshaped the landscape of thyroid health, offering novel approaches in diagnosis, treatment, and patient care.

**Technological Advancements:** Cutting-edge technologies such as thyroid ultrasound elastography and liquid-based cytology for fine-needle aspiration have revolutionized the assessment and management of thyroid nodules. These tools enhance diagnostic accuracy and guide tailored treatment decisions, particularly in differentiating benign from malignant nodules.

**Pharmaceutical Innovations:** The introduction of targeted molecular therapies and tyrosine kinase inhibitors like lenvatinib and sorafenib represents a paradigm shift in the treatment of advanced thyroid cancers, addressing specific genetic mutations and pathways. Additionally, therapies like Thyrogen streamline diagnostic procedures, improving patient experience and clinical outcomes.

**Clinical Implications and Future Directions:** As we convene at Thyroid Nexus 2024 in Paris, we celebrate the transformative impact of these advancements on thyroid care. From minimally invasive treatments like thyroid radiofrequency ablation, to advancements in telemedicine and digital health platforms, the field continues to evolve towards personalized, precise management strategies. This conference serves as a vital forum for sharing knowledge, fostering collaboration, and envisioning the future of thyroid health.

**Biography**

RoSeé Murphy is currently studying at both NASM and UMGC, focusing on holistic approaches to health and wellness. She embraces a balanced lifestyle that includes clean, plant-based eating, maintaining an 85% healthy diet while allowing 15% for indulgence based on her taste buds and cravings. With over 20 years of experience in Information Technology, RoSeé's professional journey took a significant turn early in her career due to severe thyroid issues. After enduring numerous thyroid disorders, endless panic attacks, and generalized anxiety disorder, she decided to change her lifestyle and delve into the study of the thyroid gland, which had profoundly impacted her life. On September 13, 2021, RoSeé underwent thyroid removal surgery, a moment she describes as the day "the motor in my body stopped running." This life-changing event propelled her to dedicate herself to studying thyroid health for over six years. Now a passionate advocate and researcher in thyroid health, RoSeé combines her IT expertise with her deep knowledge of thyroid wellness. Her journey from IT professional to thyroid wellness advocate highlights the transformative power of knowledge and perseverance in overcoming thyroid disorders. She brings her extensive expertise to the presentation entitled Thyroid Nexus 2024, committed to helping others navigate their own thyroid health challenges.