

# ThyCa Highlights

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## FREE LOW-IODINE DIET COOKBOOK

We have a free Low Iodine Diet Cookbook that you can download or request by email to: [thyca@thyca.org](mailto:thyca@thyca.org).

## FREE HANDBOOKS

We have free medically-reviewed handbooks on all types of thyroid cancer that you can download or request by email to: [thyca@thyca.org](mailto:thyca@thyca.org).

## Worldwide Support Groups Network

Our support groups are free and open to everyone impacted by a thyroid cancer diagnosis. Participants share thyroid cancer information, their experiences with their thyroid cancer, and insights on how they cope with thyroid cancer.

## Free Support Services

You can use our ThyCa Person-to-Person Network for one-on-one support, the toll-free survivors' phone number, and our online support and discussion group, Thyroid Cancer Connect Inspire Community.

## Annual International Thyroid Cancer Survivors' Conference

Our yearly International Thyroid Cancer Survivors' Conference with more than 1,200 participants.

## More Than 200 Videos with Thyroid Cancer Experts

You can learn from experts in each type of thyroid cancer, as well as specialists in coping skills and complementary approaches to well-being.

## We're Social!

We have an extensive social media presence including Facebook, Instagram, Twitter, LinkedIn, Pinterest, Snapchat, YouTube and TikTok.

## More Than 50 Medical Advisors

Our volunteer Medical Advisory Council (MAC) is composed of distinguished leading multi-disciplinary medical professionals working within the thyroid cancer field, representing many of the major cancer centers. All have made outstanding contributions in their own fields and review the information we provide.

## Monthly eNewsletter

Our monthly eNewsletter provides the latest thyroid cancer news, Low Iodine Diet recipes and more.

## Free Materials in Numerous Languages

You can read our materials in these languages: English, Arabic, Chinese, French, Greek, Hebrew, Italian, Japanese, Portuguese, Russian, and Spanish

## Over \$2.8 Million in Research Grants

More than \$2.8 million in thyroid cancer research grants have been awarded to medical researchers in 8 countries.



[www.thyca.org](http://www.thyca.org)

# A Brief History of ThyCa

**1995**

ThyCa discussion group on AOL began

**1996**

First ThyCa Support Group started in Merrimack, MA

**1998**

First Thyroid Cancer Survivors' Conference

**1999**

www.ThyCa.org created

**2000**

First medical advisors joined  
First Low Iodine Diet Cookbook published

**2001**

Thyroid cancer research fund started

**2003**

First thyroid cancer research grant awarded

**2004**

Thyroid Cancer Awareness Month started

**2005**

Anaplastic Thyroid Cancer webpage created

**2006**

Pediatric Thyroid Cancer webpage created

**2007**

Medullary Thyroid Cancer webpage created

**2011**

Thyroid Cancer Basics handbook published

**2012**

Anaplastic Thyroid Cancer handbook published  
Passed \$1M in total research funded

**2014**

Medullary Thyroid Cancer handbook published

**2018**

Thyroid Nodules handbook published  
Over \$2M total research funded

**2020**

First Virtual Thyroid Cancer Survivors' Conference

**2021**

Pediatric Thyroid Cancer handbook published

