

Helle Døssing  
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KI, OUH, Research unit of Oto Rhino Laryngology (Odense)  
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## Employment

### Department of Clinical Research

1. Mar 2024 → 31. Aug 2025

### Clinical Associate Professor

KI, OUH, Research unit of Oto Rhino Laryngology (Odense)

1. Mar 2024 → 31. Aug 2025

## Research outputs

### **The Impact of Post-Thyroidectomy Neck Stretching Exercises on Neck Discomfort, Pressure Symptoms, Voice and Quality of Life: A Randomized Controlled Trial**

Thorsen, R. T., Døssing, H., Bonnema, S. J., Brix, T. H., Godballe, C. & Sorensen, J. R., Sept 2022, In: World Journal of Surgery. 46, 9, p. 2212-2222

### **The Effect of Laser Thermal Ablation on Quality of Life: Improvements in Patients with Solid-Cystic Thyroid Nodules**

Sorensen, J. R., Døssing, H., Watt, T., Cramon, P., Hegedüs, L., Bonnema, S. J. & Folkestad, L., Aug 2022, In: Thyroid. 32, 8, p. 917-925

### **Clinical evaluation of antibiotic regimens in patients with surgically verified parapharyngeal abscess: a prospective observational study**

Klug, T. E., Andersen, C., Hahn, P., Danstrup, C. S., Petersen, N. K., Mikkelsen, S., Døssing, H., Christensen, A-L., Rusan, M., Kjeldsen, A. & Greve, T., Apr 2022, In: European Archives of Oto-Rhino-Laryngology. 279, 4, p. 2057-2067

### **Microbiology of parapharyngeal abscesses in adults: in search of the significant pathogens**

Klug, T. E., Greve, T., Andersen, C., Hahn, P., Danstrup, C., Petersen, N. K., Ninn-Pedersen, M., Mikkelsen, S., Pauli, S., Fuglsang, S., Døssing, H., Christensen, A. L., Rusan, M. & Kjeldsen, A., Jul 2021, In: European Journal of Clinical Microbiology & Infectious Diseases. 40, 7, p. 1461-1470

### **Interrater variation of vascular classifications used in enhanced laryngeal contact endoscopy**

Mehlum, C. S., Døssing, H., Davaris, N., Giers, A., Grøntved, Å. M., Kjaergaard, T., Möller, S., Godballe, C. & Arens, C., Sept 2020, In: European Archives of Oto-Rhino-Laryngology. 277, 9, p. 2485-2492

### **Risk of Malignancy in FDG-Avid Thyroid Incidentalomas on PET/CT: A Prospective Study**

Abdel-Halim, C. N., Rosenberg, T., Bjørndal, K., Madsen, A. R., Jakobsen, J., Døssing, H., Bay, M., Thomassen, A., Nielsen, A. L. & Godballe, C., Oct 2019, In: World Journal of Surgery. 43, 10, p. 2454-2458

### **The Impact of Post-thyroidectomy Paresis on Quality of Life in Patients with Nodular Thyroid Disease**

Sorensen, J. R., Printz, T., Iwarsson, J., Grøntved, Å. M., Døssing, H., Hegedüs, L., Bonnema, S. J., Godballe, C. & Mehlum, C. S., Oct 2019, In: Otolaryngology - Head and Neck Surgery. 161, 4, p. 589-597

### **Long-term outcome following laser therapy of benign cystic-solid thyroid nodules**

Døssing, H., Bennedbæk, F. N. & Hegedüs, L., 1. Jul 2019, In: Endocrine Connections. 8, 7, p. 846-852

### **Upfront PET/CT affects management decisions in patients with recurrent head and neck squamous cell carcinoma**

Rohde, M., Nielsen, A. L., Johansen, J., Sørensen, J. A., Diaz, A., Pareek, M., Asmussen, J. T., Gerke, O., Thomassen, A., Gyldenkerne, N., Døssing, H., Bjørndal, K., Høilund-Carsen, P. F. & Godballe, C., 1. Jul 2019, In: Oral Oncology. 94, p. 1-7

**The Impact of Esophageal Compression on Goiter Symptoms before and after Thyroid Surgery**

Brinch, F. A., Døssing, H., Nguyen, N., Bonnema, S. J., Hegedüs, L., Godballe, C. & Sorensen, J. R., Jan 2019, In: European Thyroid Journal. 8, 1, p. 16–23

**Synkope grundet monstrøs struma**

Agger-Nielsen, H., Døssing, H. & Sørensen, J. R., 11. Jun 2018, In: Ugeskrift for Læger. 180, 24, V01180048.

**Changes in Swallowing Symptoms and Esophageal Motility After Thyroid Surgery: A Prospective Cohort Study**

Sorensen, J. R., Markoew, S., Døssing, H., Hegedüs, L., Bonnema, S. J. & Godballe, C., Apr 2018, In: World Journal of Surgery. 42, 4, p. 998–1004

**Up-front PET/CT changes treatment intent in patients with head and neck squamous cell carcinoma**

Rohde, M., Nielsen, A. L., Johansen, J., Sørensen, J. A., Diaz, A., Asmussen, J. T., Gerke, O., Thomassen, A., Gyldenkerne, N., Døssing, H., Bjørndal, K., Høilund-Carlson, P. F. & Godballe, C., Apr 2018, In: European Journal of Nuclear Medicine and Molecular Imaging. 45, 4, p. 613-621

**The compensatory enlargement of the remaining thyroid lobe following hemithyroidectomy is small and without impact on symptom relief**

Pustelnik, F. S., Gronbek, C., Døssing, H., Nguyen, N., Bonnema, S. J., Hegedüs, L., Godballe, C. & Sorensen, J. R., Jan 2018, In: European Archives of Oto-Rhino-Laryngology. 275, 1, p. 161–167

**PET/CT and prediction of thyroid cancer in patients with follicular neoplasm or atypia**

Nguyen, T. T., Lange, N. G. E., Nielsen, A. L., Thomassen, A., Døssing, H., Godballe, C. & Rohde, M., 2018, In: European Archives of Oto-Rhino-Laryngology. 275, 8, p. 2109–2117

**Thyroidectomy Improves Tracheal Anatomy and Airflow in Patients with Nodular Goiter: A Prospective Cohort Study**

Sørensen, J. R., Lauridsen, J. K., Døssing, H., Nguyen, N. N. T. T., Hegedüs, L., Bonnema, S. J. & Godballe, C., Nov 2017, In: European Thyroid Journal. 6, 6, p. 307–314

**Impaired voice after thyroidectomy impacts quality of life**

Sørensen, J. R., Døssing, H., Bonnema, S. J., Bonnema, S. J., Hegedüs, L., Printz, T., Grøntved, Å. M. & Godballe, C., 10. Sept 2017. 1 p.

**Thyroidectomy improves tracheal anatomy and airflow in patients with nodular goiter**

Sørensen, J. R., Lauridsen, J. K., Døssing, H., Nguyen, N. N. T. T., Hegedüs, L., Bonnema, S. J. & Godballe, C., 9. Sept 2017. 1 p.

**Surgery: Is it any good for goiter?**

Sørensen, J. R., Watt, T., Døssing, H., Cramon, P., Hegedüs, L., Bonnema, S. J. & Godballe, C., 20. Apr 2017.

**The impact of voice impairment after thyroidectomy on quality of life. A prospective cohort study**

Sørensen, J. R., Døssing, H., Bonnema, S. J., Hegedüs, L., Printz, T., Grøntved, Å. M. & Godballe, C., 20. Apr 2017.

**Thyroidectomy improves tracheal anatomy and airflow in patients with nodular goiter. A prospective cohort study**

Sørensen, J. R., Lauridsen, J. K., Døssing, H., Nguyen, N. N. T. T., Hegedüs, L., Bonnema, S. J. & Godballe, C., 20. Apr 2017.

**Thyroidectomy improves quality of life in patients with euthyroid nodular goiter – a prospective cohort study**

Sørensen, J. R., Watt, T., Cramon, P., Døssing, H., Hegedüs, L., Bonnema, S. J. & Godballe, C., 27. Jan 2017.

**Quality of life after thyroidectomy in patients with nontoxic nodular goiter: A prospective cohort study**

Sorensen, J. R., Watt, T., Cramon, P., Døssing, H., Hegedüs, L., Bonnema, S. J. & Godballe, C., 2017, In: Head & Neck (Print Edition). 39, 11, p. 2232–2240

**Thyroidectomy improves disease related quality of life in patients with non-toxic goiter: a prospective cohort study**  
Sørensen, J. R., Watt, T., Døssing, H., Hegedüs, L., Bonnema, S. J. & Godballe, C., 2016.

**Thyroidectomy improves quality of life in patients with non-toxic goiter – a prospective cohort study**  
Sørensen, J. R., Watt, T., Døssing, H., Hegedüs, L., Bonnema, S. J. & Godballe, C., 2016.

**Comparative Efficacy of Radiofrequency and Laser Ablation for the Treatment of Benign Thyroid Nodules: Systematic Review Including Traditional Pooling and Bayesian Network Meta-analysis**

Ha, E. J., Baek, J. H., Kim, K. W., Pyo, J., Lee, J. H., Baek, S. H., Døssing, H. & Hegedüs, L., May 2015, In: The Journal of Clinical Endocrinology & Metabolism. 100, 5, p. 1903-1911

**Long-term outcome following laser therapy of benign cystic thyroid nodules**

Døssing, H., Hegedüs, L. & Bennedbak, F. N., 2015, In: Thyroid. 25, S1, p. A-334 1 p., 846.

**The advent of ultrasound-guided ablation techniques in nodular thyroid disease: Towards a patient-tailored approach**

Papini, E., Pacella, C. M., Misischi, I., Guglielmi, R., Bizzarri, G., Døssing, H. & Hegedüs, L., Aug 2014, In: Best Practice & Research Clinical Endocrinology & Metabolism. 28, 4, p. 601-618 18 p.

**Hurtig opsporing af hoved- og halskræft**

Bjørndal, K., Døssing, H. & Godballe, C., 2014, In: Månedsskrift for Almen Praksis. p. 80-87

**Medullær thyroideacancer hos et ti måneder gammelt barn med multipel endokrin neoplasi 2B**

Sloth Mathiesen, J., Døssing, H., Bender, L. & Godballe, C., 2014, In: Ugeskrift for Læger. 176, 5A, p. 2-3 2 p., V07130456.

**Interstitial laser photocoagulation (ILP) of benign cystic thyroid nodules—a prospective randomized trial**

Døssing, H., Bennedbak, F. N. & Hegedüs, L., Jul 2013, In: The Journal of Clinical Endocrinology & Metabolism. 98, 7, p. E1213-E1217

**Primær HPT - Resultater 2010 OUH**

Madsen, A. R., Bay, M., Døssing, H. & Godballe, C., May 2012.

**Interstitial laser photocoagulation (ILP) of benign cystic thyroid nodules - a prospective randomized controlled trial**

Døssing, H., 2012.

**Long-term outcome following interstitial laser photocoagulation of benign cold thyroid nodules**

Døssing, H., Bennedbak, F. N. & Hegedüs, L., 2011, In: European Journal of Endocrinology. 165, 1, p. 123-128

**Randomized prospective study comparing a single radioiodine dose and a single laser therapy session in autonomously functioning thyroid nodules**

Døssing, H., Bennedbak, F. N., Bonnema, S. J., Hegedüs, L. & Grupe, P., 1. Jul 2007, In: European Journal of Endocrinology. 157, 1, p. 95-100 6 p.

**Beneficial effect of combined aspiration and interstitial laser therapy in patients with benign cystic thyroid nodules: a pilot study**

Døssing, H., Bennedbak, F. N. & Hegedüs, L., 2006, In: British Journal of Radiology. 79, 948, p. 943-947 5 p.

**Effect of ultrasound-guided interstitial laser photocoagulation on benign solitary solid cold thyroid nodules: one versus three treatments**

Døssing, H., Bennedbak, F. N. & Hegedüs, L., 2006, In: Thyroid. 16, 8, p. 763-768 6 p.

**Effect of ultrasound-guided interstitial laser photocoagulation on benign solitary solid cold thyroid nodules - a randomised study**

Døssing, H., Bennedbaek, F. N. & Hegedüs, L., 2005, In: European Journal of Endocrinology. 152, 3, p. 341-345 5 p.

**Ultrasound-guided interstitial laser photocoagulation of an autonomous thyroid nodule: the introduction of a novel alternative**

Døssing, H., Bennedbaek, F. N. & Hegedüs, L., 2003, In: Thyroid. 13, 9, p. 885-888

**Benign solitary solid cold thyroid nodules: US-guided interstitial laser photocoagulation - initial experience**

Døssing, H., Bennedbaek, F. N., Karstrup, S. & Hegedüs, L., 2002, In: Radiology. 225, 1, p. 53-57 5 p.

**Månedens billede**

Døssing, H. & Hegedüs, L., 5. Jun 2000, In: Ugeskrift for Læger. 162, 23, p. 3346

**Diagnostik og behandling af den solitære knude i glandula thyroidea**

Døssing, H., Bennedbaek, F. N. & Hegedüs, L., 2000, In: Månedsskrift for Praktisk Lægegerning. 78, p. 1589-1596

**Intratracheal ektopisk thyroideavæv: Månedensbillede**

Døssing, H. & Hegedüs, L., 2000, In: Ugeskrift for Læger. 162, p. 3346

**Recurrent Pregnancy-Related Upper Airway Obstruction Caused by Intratracheal Ectopic Thyroid Tissue**

Døssing, H., Jørgensen, K. E., Oster-Jørgensen, E., Krogdahl, A. & Hegedüs, L., Sept 1999, In: Thyroid. 9, 9, p. 955-958

**Angioneurotisk ødem i forbindelse med behandling med angiotensinkonverterende enzym-hæmmer**

Johansen, E. C., Johansen, J. B. & Døssing, H., 1. Jan 1996, In: Ugeskrift for Læger. 158, 1, p. 59-60

**Long-term oral refeeding of patients with cirrhosis of the liver**

Nielsen, K., Kondrup, J., Martinsen, L., Døssing, H., Larsson, B., Stilling, B. & Jensen, M. G., 1995, In: British Journal of Nutrition. 74, 4, p. 557-67

## Activities

**Does Laser Thermal Ablation improve quality of life in patients with cystic solid nodules? - A prospective cohort study**

Sørensen, J. R. (Guest lecturer), Døssing, H. (Guest lecturer), Watt, T. (Guest lecturer), Hegedüs, L. (Guest lecturer), Bonnema, S. (Guest lecturer) & Folkestad, L. (Guest lecturer)

2021

**The Impact of Post-Thyroidectomy Neck Stretching Exercises on Improving Short Term Quality of Life: A Randomized Clinical Trial**

Thorsen, R. T. (Co-author), Døssing, H. (Guest lecturer), Bonnema, S. (Guest lecturer), Brix, T. H. (Guest lecturer), Godballe, C. (Guest lecturer) & Sørensen, J. R. (Guest lecturer)

2021

**The impact of post-thyroidectomy paresis on quality of life in patients with nodular thyroid disease**

Sørensen, J. R. (Lecturer), Printz, T. (Guest lecturer), Iwarsson, J. (Guest lecturer), Grøntved, Å. M. (Guest lecturer), Døssing, H. (Guest lecturer), Hegedüs, L. (Guest lecturer), Bonnema, S. J. (Guest lecturer), Godballe, C. (Guest lecturer) & Slot Mehlum, C. (Guest lecturer)

2019

**The impact of esophageal compression on goiter symptoms before and after thyroid surgery**

Brinch Pedersen, F. A. (Lecturer), Døssing, H. (Other), Nguyen, N. N. T. T. (Guest lecturer), Bonnema, S. J. (Guest lecturer), Hegedüs, L. (Guest lecturer), Godballe, C. (Lecturer) & Sørensen, J. R. (Lecturer)

2018

**The compensatory enlargement of the remaining thyroid lobe following hemithyroidectomy is small and has no impact on symptom relief**

Schultz Pustelnik, F. (Guest lecturer), Grønbæk, C. (Guest lecturer), Døssing, H. (Guest lecturer), Bonnema, S. J. (Guest lecturer), Hegedüs, L. (Guest lecturer), Godballe, C. (Guest lecturer) & Sørensen, J. R. (Guest lecturer)  
20. Apr 2017

**The impact of voice impairment after thyroidectomy on quality of life. A prospective cohort study**

Sørensen, J. R. (Guest lecturer), Døssing, H. (Guest lecturer), Bonnema, S. J. (Guest lecturer), Hegedüs, L. (Guest lecturer), Printz, T. (Guest lecturer), Grøntved, Å. M. (Guest lecturer) & Godballe, C. (Guest lecturer)  
20. Apr 2017

**Thyroidectomy improves tracheal anatomy and airflow in patients with nodular goiter. A prospective cohort study**

Sørensen, J. R. (Guest lecturer), Lauridsen, J. K. (Guest lecturer), Døssing, H. (Guest lecturer), Nguyen, N. N. T. T. (Guest lecturer), Hegedüs, L. (Guest lecturer), Bonnema, S. J. (Guest lecturer) & Godballe, C. (Guest lecturer)  
20. Apr 2017

**Thyroidectomy improves quality of life in patients with euthyroid nodular goiter – a prospective cohort study**

Sørensen, J. R. (Guest lecturer), Watt, T. (Guest lecturer), Cramon, P. (Guest lecturer), Døssing, H. (Guest lecturer), Hegedüs, L. (Guest lecturer), Bonnema, S. J. (Guest lecturer) & Godballe, C. (Guest lecturer)  
27. Jan 2017

**Thyroidectomy improves tracheal anatomy and airflow in patients with nodular goiter**

Sørensen, J. R. (Lecturer), Lauridsen, J. K. (Lecturer), Døssing, H. (Lecturer), Nguyen, N. N. T. T. (Lecturer), Hegedüs, L. (Lecturer), Bonnema, S. J. (Lecturer) & Godballe, C. (Lecturer)  
2017

**15th International Thyroid Congress and 85th Annual Meeting of the ATA, Lake Buena Vista, Florida**

Døssing, H. (Participant)  
18. Oct 2015 → 23. Oct 2015

**NBI**

Døssing, H. (Participant)  
27. Feb 2015

**Aarhus University Hospital (External organisation)**

Døssing, H. (Member)  
12. Nov 2012

**Årsmøde i DHHKS (Dansk Hoved-Halskirurgisk Selskab)**

Døssing, H. (Participant)  
25. Oct 2012 → 26. Oct 2012

**Herlev Hospital (External organisation)**

Døssing, H. (Member)  
4. Oct 2012

**36th Annual Meeting of the European Thyroid Association**

Døssing, H. (Speaker)  
8. Sept 2012 → 12. Sept 2012

**Aarhus University Hospital (External organisation)**

Døssing, H. (Member)  
2. May 2012

### **23rd Annual Meeting of The Scandinavian Society for Head and Neck Oncology**

Døssing, H. (Participant)

26. Apr 2012 → 27. Apr 2012

### **Ultralydssymposium**

Døssing, H. (Participant)

25. Apr 2012

### **Langtidsresultater efter laserbehandling af benigne "kolde" knuder i glandulae thyroideae**

Døssing, H. (Lecturer)

27. Oct 2011 → ...

### **Thyroid MasterClass Course**

Døssing, H. (Participant)

4. May 2011 → 6. May 2011

## **Undervisningsportfolio**

### **Erfaring med undervisning, vejledning og eksamen**

#### **Undervisning:**

1993 og 1996: Undervist sygeplejestuderende i Vejle amt i øretspatofysiologi.

1995-1996: Undervist radiografelever fra Odense Universitetshospital i øre-næse-halssygdomme

1998-2000: Undervisning i Oto-rhino-laryngologi ved Klinisk Institut, Syddansk Universitet

2015-nu: Undervisning i Oto-rhino-Laryngologi ved Klinisk Institut, Syddansk Universitet

2009-2015: Undervist postgraduate kurser, herunder A-kursus i Klinisk Ultralyd og A-kurset i Hoved-Halskirurgi samt klinisk ultralyd for speciallæger

2012: SSOHHÅrsmøde Rigshospitalet. Undervisning af speciallæger i "Ultrasound of the Thyroid"

#### **Vejledning:**

2018: medvejleder på Ph.D projekt omhandlende Patienttilfreds efter Thyroidea kirurgi

2019-nu: Planlægger de studerende kirurgisk klinisk ophold

2022: Vejleder og eksaminator på prægruaduat (kliniske profil) opgave

#### **Eksamen:**

2016-nu: Eksaminator på medicinsk embedseksamen

### **4. Metoder, materialer og redskaber**

I undervisningen anvendes cases og PowerPoint. Desuden undervises i praktiske færdigheder.