

# Mimic the symptoms of thyroid disorders in pregnant women

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## Introduction

Thyroid disease is the second most common endocrine disorder affecting women of reproductive age and may affect mother and fetus adversely if they are not evaluated and treated appropriately. Therefore, their diagnosis and treatment is very important. On the other hand, signs and symptoms of thyroid disease can often be masked by the physiologic changes of pregnancy and are not found.

## Objectives

The aim of this study was to evaluate the physiological symptoms similar to thyroid disorders and their incidence in pregnant women without thyroid disorders

## Methods

This study is a population based cross sectional study. A total number of 1600 pregnant women were selected with population based cluster method in prenatal care centers.

After questioning the women about the symptoms of thyroid disease and relevant clinical examination, blood samples were taken for thyroid tests and serum T4, TSH, T3uptake and TPOab were measured.

Table 1: The prevalence of symptoms of thyroid disorders in pregnant women without thyroid disorders (1016 people)

Symptoms of hyperthyroidism	n	%	Symptoms of hypothyroidism	n	%
Tachycardia	196	19.3	Weakness, fatigue	308	30.3
Heat sensitivity	188	18.5	Lazy, sleepy	206	20.3
Sleep difficulty	174	17.1	Constipation	136	13.4
Hair loss	160	15.7	Anemia	94	9.3
Irritability and restlessness	112	11.0	Cold intolerance	92	9.1
Sweating	108	10.6	Joint and muscle pain	86	8.5
Anxiety	103	10.0	dry, rough and cold skin	62	6.1
Muscle weakness	88	8.7	Depression	60	5.9
Tremor and involuntary tensions	66	6.5	Facial edema	22	2.2
Weight loss	48	4.7	Weight gain	22	2.2
More frequent bowel movements	22	2.2	Sweating decrease	16	1.6
Goiter	22	2.2			
Hypertension	12	1.2			
Change in skin thickness	12	1.2			
Nail separation	10	1.0			
Clubbing	8	0.8			

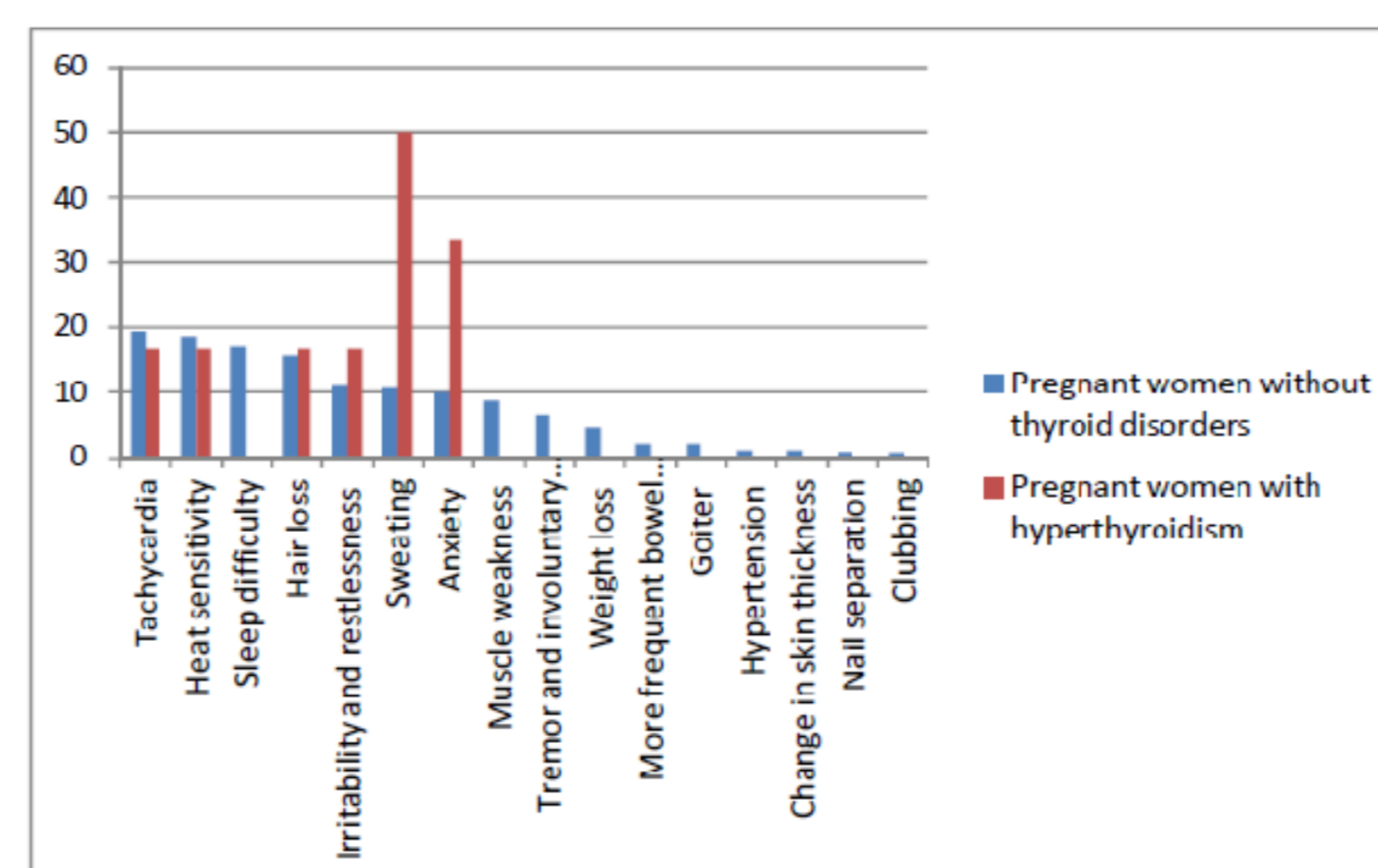


Figure 1: Comparison of symptoms of hyperthyroidism in pregnant women without thyroid disorders with pregnant women with hyperthyroidism

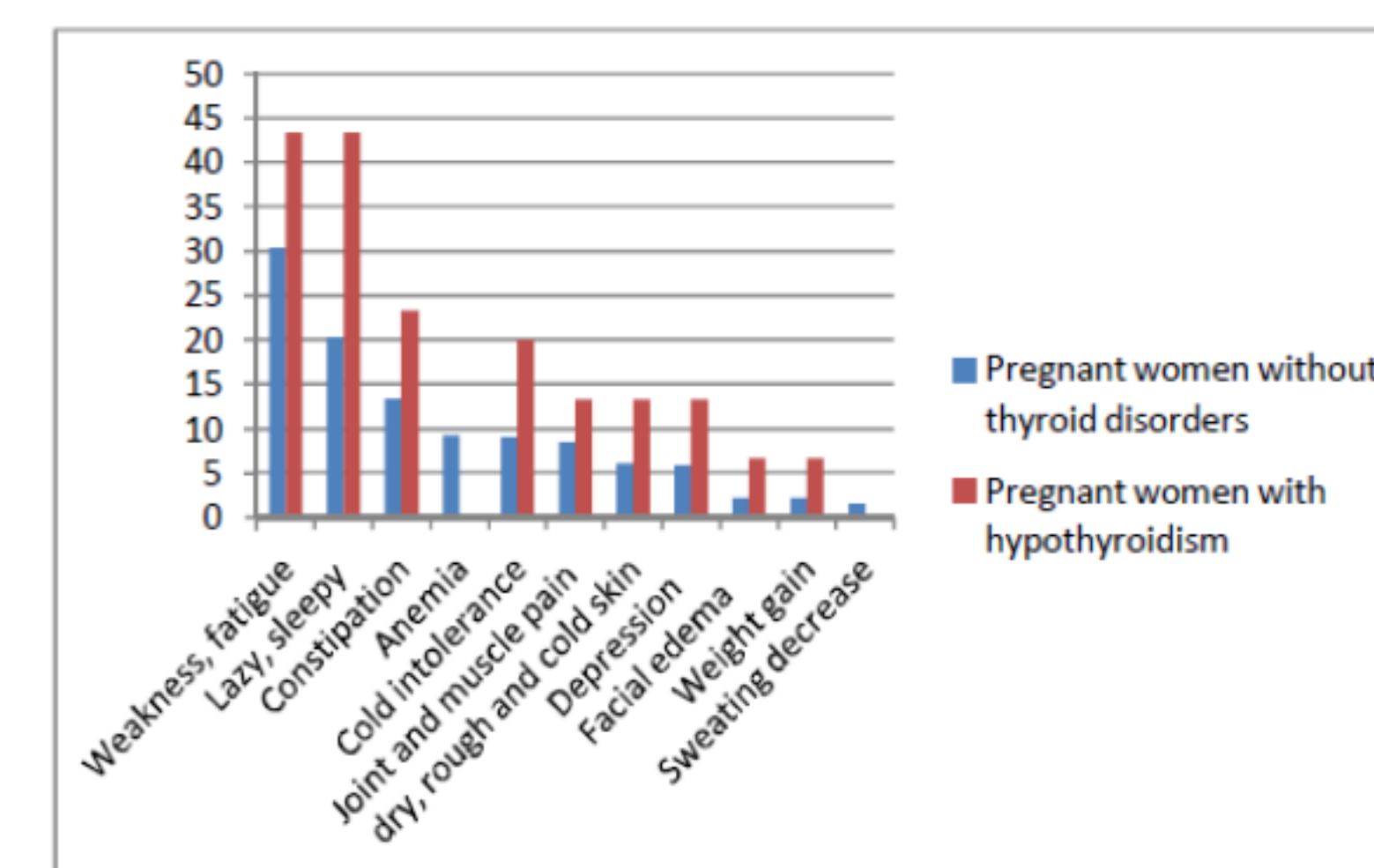


Figure 2: Comparison of symptoms of hypothyroidism in pregnant women without thyroid disorders with pregnant women with hypothyroidism

## Results

63.5% (n=1016) of the participants in this study had normal thyroid function. The prevalence of overt hypothyroidism and hyperthyroidism were 3.8% (n=38), and 0.8% (n=12), respectively and 29.8% (n=476) of patients had subclinical hypothyroidism. 64.0% of pregnant women without thyroid dysfunction had one or more of the symptoms of thyroid disorders. 24.3% of them had one or two symptoms and 41.5% of them have three or more of the symptoms of thyroid disorders in pregnancy (table 1). Most symptoms were weakness and fatigue (30.3%), followed by laziness and sleepy (20.3%). Also, most of the symptoms of hyperthyroidism were tachycardia (19.3%) and heat sensitivity (18.5%) respectively. 2.2% of pregnant women have goiter and the symptoms were minimal.

## Conclusions

The correct planning in order to evaluate and diagnose thyroid disorders during pregnancy is important. Understanding the value and interpretation of thyroid function tests during normal pregnancy is necessary to discriminate between anticipated changes, pathological changes appear.

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