



ONE IN FOUR PATIENTS WITH ADEQUATELY TREATED PRIMARY HYPOTHYROIDISM CONTINUE TO BE SYMPTOMATIC AND PERSISTING SYMPTOMS RELATED TO ONGOING THYROID AUTOIMMUNITY

Ivy Sebastián, Jubbin Jagan Jacob, and Mary John

Endocrine and Diabetes Unit, Department of Medicine, Christian Medical College and Hospital, Ludhiana -141008, India

BACKGROUND & OBJECTIVES

Background

A significant percentage of patients with adequately replaced primary hypothyroidism (PH) continue to be symptomatic. Some of these persisting symptoms maybe attributed to non restoration of neurocognitive functions and psychological well being.

Objectives

To estimate the prevalence of persisting hypothyroid symptoms in patients with primary hypothyroidism on biochemically adequate replacement therapy. To co-relate persistent symptoms with thyroid hormone levels, psychological distress scores and anti-thyroid peroxidase (TPO) antibody levels.

METHODS

ADULT PATIENTS WITH TREATED PRIMARY HYPOTHYROIDISM (18-60 Years)

INFORMED CONSENT

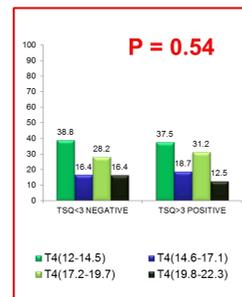
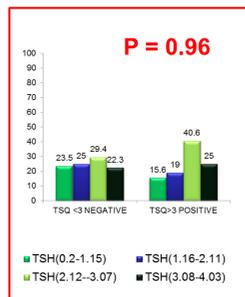
TSQ, GHQ & HAD ADMINISTERED

BIOCHEMICAL ASSESSMENTS

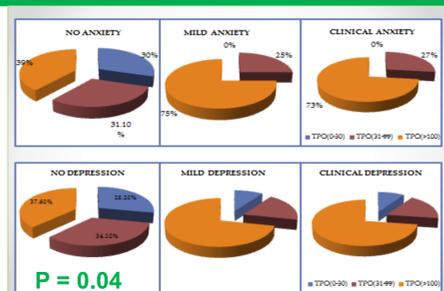
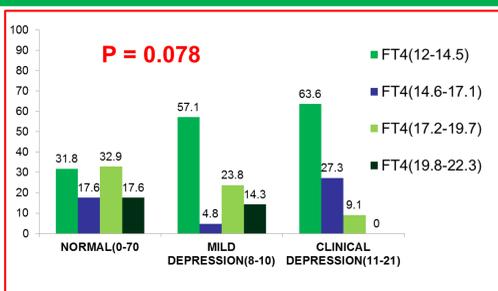
ANALYSIS

Consequent adult patients (18 to 60 years), with PH, on replacement therapy and having achieved biochemical euthyroidism were enrolled in the study after informed consent. They were assessed for ongoing symptoms of hypothyroidism and psychological distress using three validated questionnaires i.e. Thyroid Symptom Questionnaire¹ (TSQ), General Health Questionnaire (GHQ)² and Hospital Anxiety and Depression (HAD)³ inventory. Serum was sampled on the same day for Free T4, Free T3, thyroid stimulating hormone (TSH) assessments and for anti-TPO antibody titres.

Graphs



Correlation of thyroid symptoms (TSQ Scores) with ongoing auto- immunity, Free T4 and TSH levels



Correlation of depressive symptoms (HAD Scores) with ongoing auto- immunity, Free T4 and TSH levels

RESULTS

117 PATIENTS CONSENTED

117 PATIENTS COMPLETED STUDY PROCEDURES

32 (27.3%) had persistent symptoms

27 (23%) anxiety symptoms

32 (27.3%) depressive symptoms

One hundred and seventeen patients (F: 102, M: 15, mean age 41years) diagnosed with PH were recruited. TSQ scores revealed that 32 (27.3%) patients continued to be symptomatic despite biochemical euthyroidism. FT3, FT4 and TSH levels failed to reveal any significant correlation (p0.18, p0.96, p0.54 respectively) with TSQ scores whereas TPO antibodies titres were significantly correlated with TSQ scores (p-0.008). HAD scores suggested that 27 (23%) patients had anxiety and 32 (27.3%) patients were depressed. Anti-TPO antibody titers and FT4 values had significant correlation with anxiety (p0.008 & p0.01) while depression was correlated only with elevated antibody titres only (p0.02).

CONCLUSIONS

- ✓ OVER 25% OF PATIENTS WITH ADEQUATELY TREATED PRIMARY HYPOTHYROIDISM CONTINUE TO BE SYMPTOMATIC
- ✓ PATIENTS WITH HIGHER THYROID ANTIBODY TITRES SIGNIFYING ONGOING AUTO-IMMUNITY MORE LIKELY TO BE SYMPTOMATIC
- ✓ ONGOING AUTOIMMUNITY ALSO ASSOCIATED WITH SYMPTOMS OF DEPRESSION AND ANXIETY.

References

1. Clin Endocrinol 2002;57:577-85
2. Goldberg DP, et al. Manual of the General Health Questionnaire. Windsor, England: NFER Publishing; 1978
3. Acta Psychiatr Scand 1983; 67: 361-370.

No disclosures

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