

Liquid versus tablet levo-thyroxine (L-T4) formulation in *de novo* treatment of hypothyroidism in patients with Hashimoto's thyroiditis: tolerability and changes in quality of life (QoL).

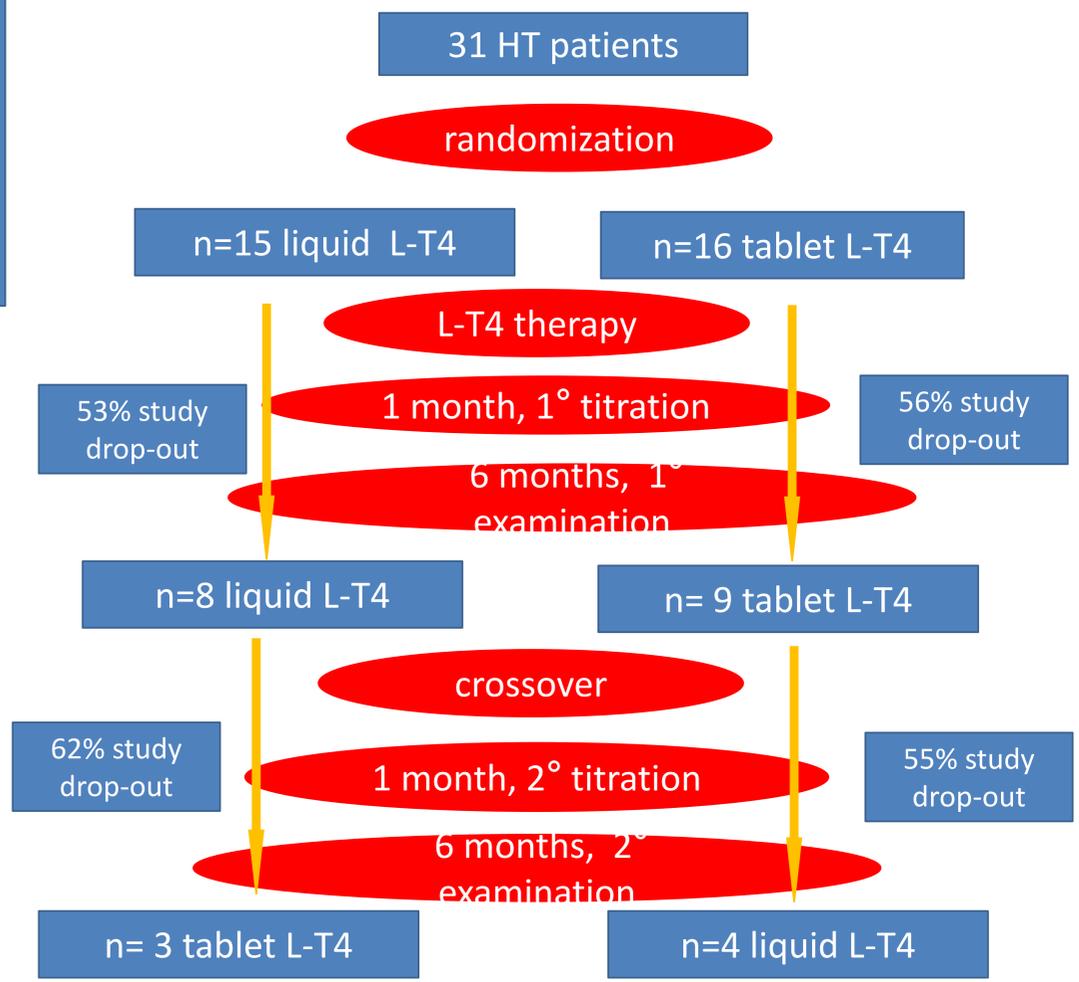
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AIM

The aim of this work was to evaluate effectiveness, tolerability and QoL changes in Hashimoto's thyroiditis (HT) patients who begin *de novo* L-T4 treatment for sub clinical or overt hypothyroidism

Methods

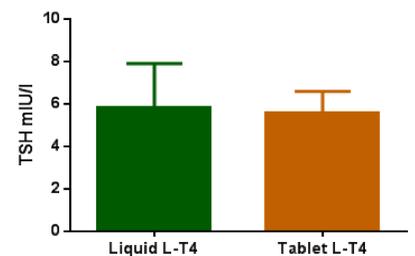
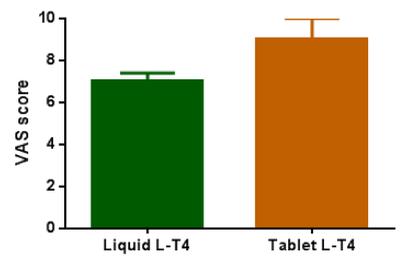
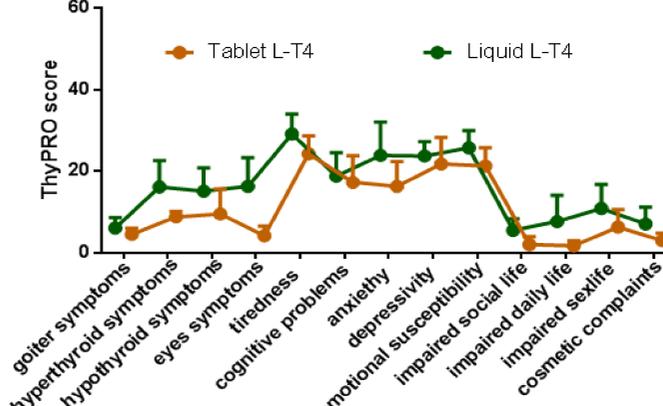
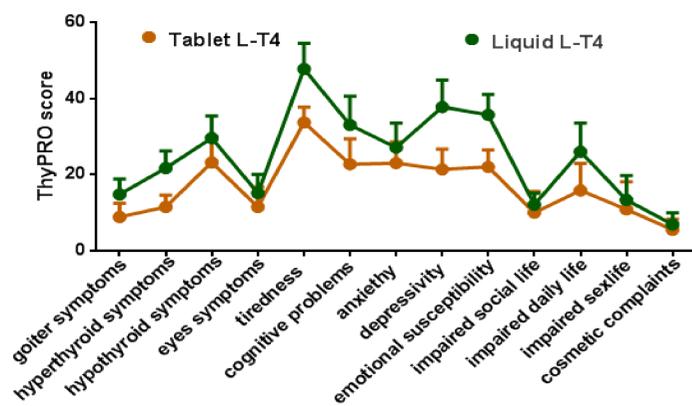
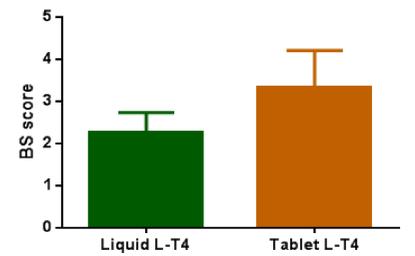
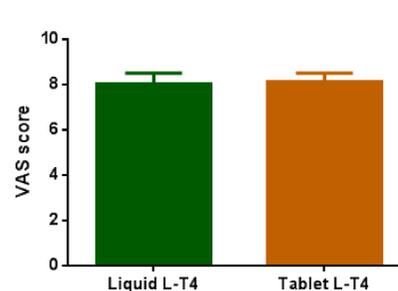
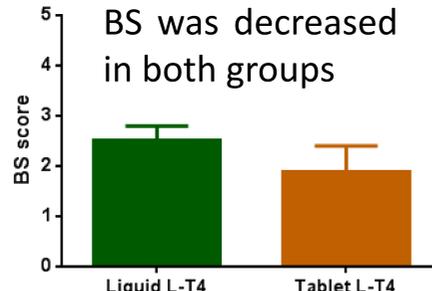
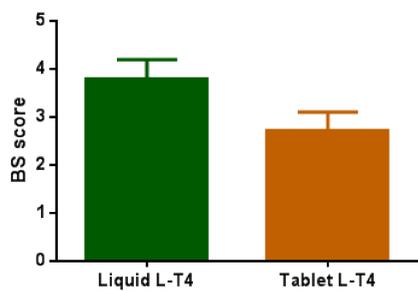
At randomization sex distribution (85% females), median age (59 yrs), TSH (TA 11.0±2,5 mIU/L; SO 21.5±8.5 mIU/L) and thyroid hormones, thyroid volume (8 ml), blood pressure, heart rate but not BMI (TA 26.7±1.3 kg/m², LI 22.7±0.8 kg/m²; P=0.02) was similar between groups. Hypothyroid symptoms are scored with Billewicz scale (BS), subjective satisfaction and QoL were evaluated with a visual analogic scale (VAS) and the ThyPRO inventory. In both groups of patients the L-T4 treatment (IBSA Farmaceutici), was begun at the dosages of 50 µg/day. Data are reported as mean ± SEM.



Randomization

1° examination

2° examination



Conclusion

A protocol in a non-public setting is burdened by a elevated number of drop-out and the number of data available can be a limitation of this study. However both liquid and tablet L-T4 formulations are similar in effectiveness but dosages need to be carefully increased when *de novo* started for the control of hypothyroidism. The tolerability of LI or TA L-T4 is similar and QoL improves in all patients on therapy.

