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, T3 uptake and TPOab were measured.

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.

References:


