

OVERVIEW

Subclinical hypothyroidism is a common disorder frequently associated with autoimmune thyroiditis. It may cause decreased quality of life, impaired cardiometabolic health, cognitive impairment, fatigue and altered mood. However, the choice of whether or not to treat subclinical hypothyroidism may be challenging. An isolated increase in thyroid stimulating hormone (TSH) levels, which characterizes subclinical hypothyroidism, may not always need specific treatment. The rationale for levothyroxine treatment is based on the potential for decreasing the risk of adverse cardiovascular events, for improving quality of life by alleviating symptoms and the possibility of preventing progression to overt hypothyroidism.

LEARNING OBJECTIVES

1. Understand the definition and clinical implications of subclinical hypothyroidism
2. Apply a correct and personalized treatment approach to subclinical hypothyroidism

TARGET AUDIENCE

This activity is designed for Endocrinologists, General Practitioners, Internists and those treating patients with thyroid disorders.



FACULTY

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