

**PRACTICAL PEARLS: Thyroid Screening**

<b>INTRODUCTION</b>	<ul style="list-style-type: none"> <li>• Autoimmune thyroiditis is the most common cause of acquired hypothyroidism in children.</li> <li>• Clinical features of moderate to severe hypothyroidism are insidious in onset and include growth failure, goiter, fatigue, cold intolerance, constipation, sleep disturbance, and even obstructive sleep apnea; subclinical and mild hypothyroidism are usually asymptomatic.</li> <li>• Obesity is NOT a sign of hypothyroidism; however, mild weight gain (&lt;10% of the BW) despite decreased appetite is characteristic of severe hypothyroidism.</li> <li>• Review articles: <a href="http://contemporarypediatrics.modernmedicine.com/contemporary-pediatrics/content/thyroid-testing-when-worry-not-often-and-when-reassure-0http://www.ncbi.nlm.nih.gov/pubmed/20628588">http://contemporarypediatrics.modernmedicine.com/contemporary-pediatrics/content/thyroid-testing-when-worry-not-often-and-when-reassure-0http://www.ncbi.nlm.nih.gov/pubmed/20628588</a></li> </ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<ul style="list-style-type: none"> <li>• Signs and symptoms, especially goiter and poor linear growth are strong indicators for screening lab work.</li> <li>• Screening should include TSH with reflex free T4; a thyroid ultrasound is NOT indicated unless a nodule is present.</li> <li>• If TSH is &lt;6, then hypothyroidism has been ruled out.</li> <li>• A TSH of 6-10 suggests subclinical hypothyroidism, which is common and often resolves, so repeat TSH in 6 months with thyroid anti-microsomal antibody</li> <li>• If TSH &gt;10, consider referral</li> </ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"> <li>• TSH &gt;10 for thyroid hormone replacement</li> </ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"> <li>• (413) 794-KIDS</li> </ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT</b>	<ul style="list-style-type: none"> <li>• Thorough history and examination</li> <li>• Initiation of treatment with follow-up</li> <li>• Counseling and education for the patient and family</li> </ul>

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**February 2016**

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