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PREDICTIVE SCORES FOR THE DEVELOPMENT OF AUTOIMMUNE THYROID DISEASES

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Introduction. Modern medicine should be predictive, preventive, personalized, participatory. Predictive models can be helpful in predicting the course of a disease, screening undiagnosed individuals, and estimating the effectiveness of treatment.

Keywords. Score, autoimmune thyroid disease, treatment, ophthalmopathy

Purpose. Adaptation and practical implementation of predictive scores for the development of autoimmune thyroid disease (ATD).

Material and methods. Systematization of information on predictive scores in autoimmune thyroid diseases was carried out.

Results. Thyroperoxidase antibody titer, TSH level, heredity were determined as independent factors for the development of ATD. Low THEA predictive score means a low risk of developing ATD in the next 5 years (tabel. 1). GREAT score is based on clinical parameters at the time of diagnosis of Graves' disease and is easy to apply in clinical practice. A 25% risk of recurrence favors medical treatment and a 75% risk of recurrence – thyroid gland ablation.

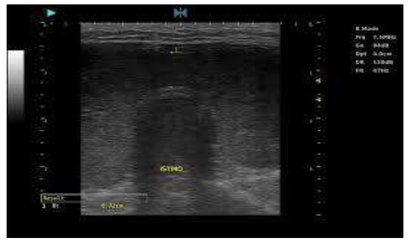
Tabelul 1. Calcularea scorului THEA

Caracteristica	Evenimentul - hipotiroidie	Evenimentul - hipertiroidie	Oricare eveniment
TSH, mIU/L			
<0,4	0	2	2
0,4-2,0	0	0	0
>2,0-4,0	3	-1	2
>4,0-5,7	6	-2	4
>5,7	9	-3	6
AC/TPO, kU/L			
≤100	0	0	0
>100-1000	3	1	4
>1000-10000	6	2	8
>10000	9	3	12
Predispoziția familială			
2 rude cu Boala Graves	0	1	1
2 rude cu boala Hașimoto	3	0	3
Scorul THEA maximal	21	6	21

PREDIGO score highlights the predictive factors for endocrine ophthalmopathy (EO) (tabel. 2). The high negative predictive value allows identification of patients with minimal probability of EO occurrence.

Tabelul 2. Calcularea scorului PREDIGO

Caracteristica (determinanta)	PREDIGO
CAS	
0	0
≥1	5
TBII în plasmă (IU/L)	
<2	0
2-10	2
>10	5
Durata simptomelor de hipertiroidie (luni)	
<1	0
1-4	1
>4	3
Fumatul	
Nu	0
Da	2
Scorul maximal	15



Conclusions. Prediction models can predict the development of a disease, detect undiagnosed patients, estimate the effectiveness of treatment, contribute to better decision making.