

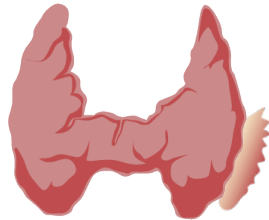
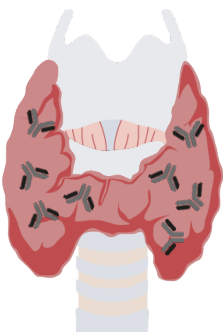
OTHER CAUSES OF ABNORMAL THYROID LAB VALUES

Identifying subclinical hypothyroidism

Subclinical hypothyroidism is characterized by **high** TSH but **normal** thyroid hormone levels.

Common causes include:

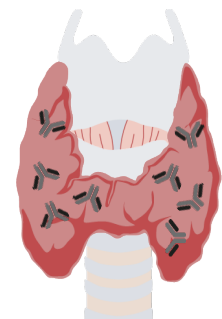
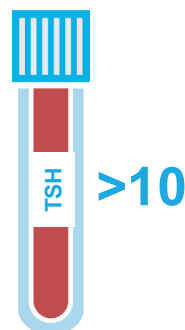
- Hashimoto's (autoimmune) thyroiditis
- Resolving thyroiditis
- Inadequate thyroid hormone replacement
- Non-compliance with thyroid hormone



Patients are typically asymptomatic and do not need treatment.

Patients at highest risk for developing overt hypothyroidism over time include:

- Females
- Patients with TSH >10
- Individuals on a high iodine diet
- Patients with underlying autoimmune thyroid disease (+ TPO Ab)



Consider treating pregnant women with any abnormal TSH and elderly patients with a TSH >10 as these patients may have better outcomes with thyroid hormone replacement, even in the absence of symptoms.

Further reading

Cooper DS and Biondi B. Subclinical thyroid disease. *Lancet*. 2012. 379:1142–1154.