

Soy linked to exacerbated congenital hypothyroidism

August 20 2012



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(HealthDay) -- Soy products appear to interfere with levothyroxine absorption and can exacerbate congenital hypothyroidism in infants and young children, according to a case report published online Aug. 20 in *Pediatrics*.

Abigail Gelb Fruzza, M.D., from the University of California San Diego in La Jolla, and colleagues observed two [female patients](#) with [congenital hypothyroidism](#) who continued to manifest clinical [hypothyroidism](#) while receiving recommended doses of hormone and ingesting soy products.

The researchers found that the first patient (diagnosed by newborn

screening showing thyroid-stimulating hormone [TSH] of 169 $\mu\text{IU/mL}$ and treated with 50 μg of [levothyroxine](#) since 6 days of age while simultaneously starting soy formula) was clinically and biochemically hypothyroid (thyroxine, 4.0 $\mu\text{g/dL}$; TSH, 216 $\mu\text{IU/mL}$) at 3 weeks of age. After stopping her soy formula and decreasing her levothyroxine, signs of hypothyroidism had begun resolving three weeks later. By 10 weeks of age, she was clinically and biochemically euthyroid. Another patient, diagnosed by [newborn screening](#), received levothyroxine and did well; however, over the next two years she began consuming soy milk and became profoundly hypothyroid (free thyroxine,

Citation: Soy linked to exacerbated congenital hypothyroidism (2012, August 20) retrieved 20 April 2024 from <https://medicalxpress.com/news/2012-08-soy-linked-exacerbated-congenital-hypothyroidism.html>

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