

products to treat hypothyroidism. The results showed no difference in TSH stability over a three-year period between patients taking desiccated thyroid products and those on synthetic levothyroxine, an unanticipated finding given concerns about variability among batches of desiccated thyroid, which is prescribed much less frequently than synthetic levothyroxine.

In an accompanying editorial, Jill Schneiderhan and Suzanna Zick argue in favor of a patient-centered approach as opposed to relying primarily on laboratory results when determining the best way to manage hyperthyroidism. Emerging evidence shows that for many [patients](#) taking levothyroxine, symptoms persist despite lab results indicating normal TSH values. Further, these patients may feel invalidated and not in control of their treatment decisions. Schneiderhan and Zick conclude, "[k]eeping desiccated [thyroid](#) medications as an option in our tool kit will allow for improved shared decision making, while allowing for patient preference, and offer an option for those patients who remain symptomatic on [levothyroxine](#) monotherapy."

More information: Jill Schneiderhan et al. Returning to a Patient-Centered Approach in the Management of Hypothyroidism, *The Annals of Family Medicine* (2020). [DOI: 10.1370/afm.2602](https://doi.org/10.1370/afm.2602)

Provided by American Academy of Family Physicians

Citation: Synthetic medication and desiccated thyroid equally effective to treat hypothyroidism (2020, September 15) retrieved 23 April 2024 from <https://medicalxpress.com/news/2020-09-synthetic-medication-desiccated-thyroid-equally.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.