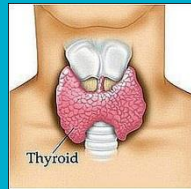


Quality of life, activities of daily living, symptoms and satisfaction with treatment and care in treated hypothyroid patients vs controls



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INTRODUCTION

- Hypothyroidism is a common disease
- Levo-thyroxine (l-T4)
- Residual hypothyroid complaints,
 - despite l-T4 treatment and
 - 'normalized' plasma values for TSH and FT4, according to Dutch NHG standards

METHODS

- On-line survey (Lime Survey)
- Diagnosed hypothyroid patients >18 yrs, >6 mths treatment
- Control persons (without thyroid disease, >18 yrs)
- Recruited by emails of patient organizations, posters, twitter/facebook.
- Respondents volunteered to enter the study

1. Quality of life in hypothyroid patients

Hypothyroid patients (n=1030) showed a significant decrease in quality of life compared to control persons (n=214).



Preliminary Results



Reduction of Quality of Life items (ThyPRO)
(1=no reduction, 5=severe reduction)
* p<0.05, ** p<0.01

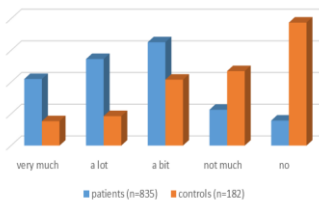


2. Activities of daily living in hypothyroid patients

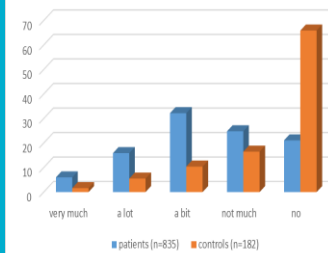
Hypothyroid patients (n=835) in this study appeared to have more difficulties with activities of daily living (control persons, n=182).



Do you have trouble with considerable physical effort?
(eg. running, heavy lifting)



Do you have trouble with moderate physical effort?
(eg. carrying groceries, walking stairs)



In this cohort of hypothyroid patients:

- 77% says to experience complaints despite thyroid medication, and with TSH and FT4 values within normal ranges.
- 73% wishes better treatment of their condition.

3. Symptoms related to hypothyroidism

Patients (n=1029) reported significantly more often and/or intense symptoms related to hypothyroidism than control persons (n=155)

- such as feeling cold, losing hair, painful joints, constipation, edema, muscle pain and cramps, being overweight, etc.



4. Satisfaction with thyroid medication

Hypothyroid patients were moderately satisfied with generic l-T4 and Thyrox.

- the highest satisfaction with the natural animal derived products.



5. Satisfaction with thyroid care

Patients were moderately to fairly satisfied about the health care provided.

- Less satisfaction around diagnosis, on information about thyroid disease/treatment, and on how seriously they were taken by the doctor.



Preliminary Conclusions & Implications



- **Persisting residual complaints are present** in these treated hypothyroid patients and despite 'normal' TSH and FT4 plasma values.
- There is a call for **better treatment of hypothyroidism**, eg.
 - Sustained release T3 preparation?
 - Treat underlying autoimmune condition?
- **Reference ranges: One size fits all?**
- **Caring for hypothyroid patients:**
 - **More information about hypothyroidism and treatment,**
 - Address the fact that many patients **don't feel taken seriously.**

Why does l-T4 not always establish recovery?

Aiming for improved therapy

Width of reference TSH, FT4, FT3 ranges

I'd like your input! 😊

See you at the poster session! 😊

(potentiële) belangenverstremgeling	Geen
Voor bijeenkomst mogelijk relevante relaties met bedrijven	Geen
<ul style="list-style-type: none">• Sponsoring of onderzoeksgeld• Honorarium of andere (financiële) vergoeding• Aandeelhouder• Andere relatie, namelijk ...	<ul style="list-style-type: none">• geen• Salaris HU • niet• niet