



## Thyroid Disease

### **Purpose**

To identify and promote the most important contributors to improved clinical outcomes for thyroid disease.

### **Key Recommendations**

- Consider patients for evaluation for hypothyroidism and hyperthyroidism every 5 years as part of a physical or health maintenance visit.
- Order TSH for patients with signs, symptoms or other indications of hypothyroidism. Order Free T4 for those with pituitary disease, brain injury or in the first trimester of pregnancy.
- Order TSH for suspected hyperthyroidism and confirm elevated FT4 and/or FT3.
- Become familiar with the key points about thyroid nodules.

### **High Risk Populations/Disparities**

- Women of Jewish descent are nearly two times more likely than other women to have thyroid disease caused by an overactive immune system.<sup>1</sup>
- Among patients with thyroid cancer, blacks have lower survival rates at five years than do whites. A study of a large cancer database found that blacks are 2.3 times more likely to get the most aggressive form of thyroid cancer (anaplastic). Also, thyroid tumors more often are larger and found at a later stage in blacks.<sup>1</sup>
- In the National Health and Nutrition Examination Survey (NHANES), among individuals with no thyroid disease, hypothyroidism and hyperthyroidism was significantly higher in females than males.<sup>2</sup>
- BMI is positively associated with thyroid cancer risk in both men and women.<sup>3</sup>