

# What is the Thyroid?

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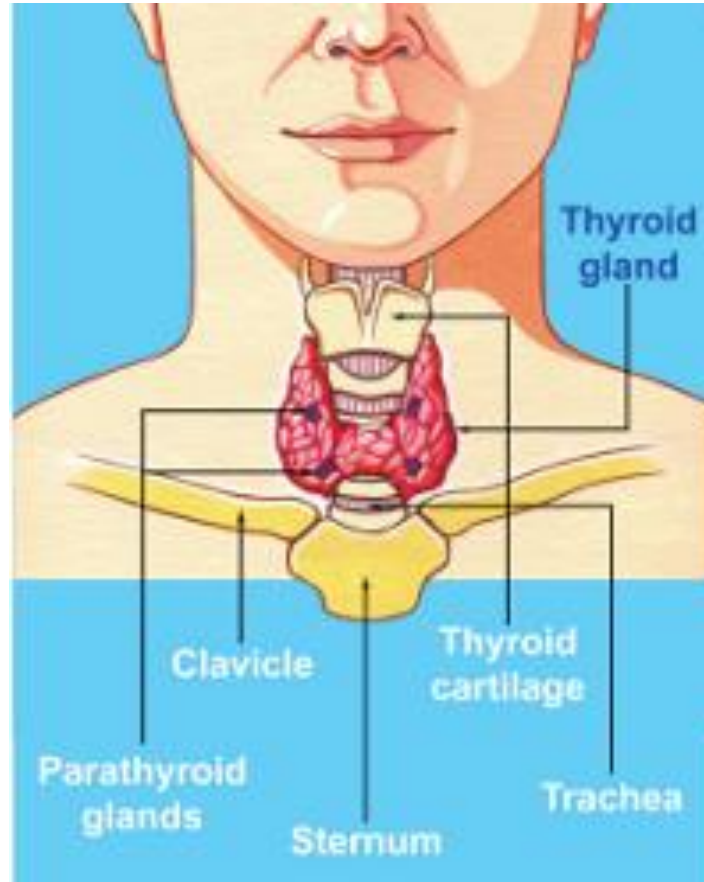
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# Outline

- Where do you find the thyroid?
- What does the thyroid do? (Why is it important)
- What are the different thyroid hormones?
- What is a thyroid function test? What are thyroid antibodies?

# The Thyroid Gland



BTF website

# Thyroid Function Tests

FT4	TSH	Outcome
High	Low	Reduce thyroxine
Low	High	Increase thyroxine

- In adults, if on replacement thyroxine, often only need TSH to monitor treatment
- Usually only need annually or if symptoms change
- In children, often do both because if normal FT4 and high TSH – might mean not taking medication regularly
- Suggest TFTs every 6 months (more frequently if <2 years) as children are growing and need more frequent dose adjustments

# Thyroid Antibodies

- The most common cause of abnormal thyroid function tests outside of infancy is autoimmune thyroid disorders
- This is when the body effectively attacks itself (in this case the thyroid gland) leading to abnormal thyroid levels
- Can either lead to underactive thyroid or overactive thyroid
- Also useful in subclinical hypothyroidism (normal T4 but mildly elevated TSH)
- 2 main antibodies tested for
  - Thyroid peroxidase = AI Hypothyroidism/Hashimoto's thyroiditis
  - Thyrotropin Receptor (TRAb) = Graves' Disease
- If you have 1 autoimmune condition, you are at increased risk of developing others