



# Complete Endocrine Care

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## Subclinical Hypothyroidism

- Subclinical hypothyroidism is an early, mild form of hypothyroidism – a condition in which the body does not produce enough thyroid hormones to meet the needs of the body ( underactive thyroid ).
- Subclinical hypothyroidism is a TSH between 5 – 10, by definition.
- It is called subclinical hypothyroidism because it will NOT cause any symptoms.
- 50% spontaneously revert to normal and no further investigations or interventions are required.
  - If the TSH increases above 10, then thyroid hormone replacement is started.
  - If the TSH remains in the 5 – 10 range, it is just monitored through blood tests.
  - If the TSH remains in the 5 – 10 range persistently for 1 year, then thyroid hormone replacement is started.
- The rationale for treating subclinical hypothyroidism that has been persistent over a year is that angiographic studies with prolonged untreated subclinical hypothyroidism have shown an increased risk of coronary artery disease.

