



Complete Endocrine Care

Thyroiditis

- Thyroiditis is a general term that refers to “inflammation of the thyroid gland
- It is caused by an attack on the thyroid, causing inflammation and damage to the thyroid cells
- Antibodies that attack the thyroid is the most common cause of thyroiditis but it can also be caused by viral infections



Types of Thyroiditis

| | Hashimoto's Thyroiditis | Silent Thyroiditis | Subacute Thyroiditis | Post-partum Thyroiditis |
|--------------------|---|---|---|--|
| Cause | Antibodies that attack the thyroid (autoimmune disease) | Antibodies that attack the thyroid (autoimmune disease) | An infection, viral or bacterial, causing inflammation and destroys thyroid cells | Occurs after delivery of a baby and is caused by antibodies that attack the thyroid (autoimmune disease) |
| Long-term Outcomes | Permanently underactive | 10 – 20 % become hypothyroid beyond 1 year | 5 – 15 % become hypothyroid beyond 1 year | 15 – 50 % become hypothyroid beyond 1 year |
| Recurrence Rates | Permanently underactive | 5 – 10 % | 1 – 4 % after a year | 70 % in subsequent pregnancies |

Clinical Course of Thyroiditis

- Thyroiditis goes through an overactive phase, underactive phase and then typically returns to normal
- The whole process can take 3-12 months to run its course, and occasionally longer
- If you remain hypothyroid for 1 year, it is unlikely to spontaneously resolve and thyroid hormone replacement is recommended, which is usually for life
- Silent and post-partum thyroiditis increases the risk of eventually developing autoimmune thyroid disease (Hashimoto's disease or Graves' disease)

1. Thyrotoxic (Overactive) Phase

