

## Indian Thyroid Society recommends TSH screening

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**Bangalore:** The Indian Thyroid Society (ITS), which has been executing various initiatives throughout the year to create awareness about thyroid disorders, released 'Clinical Practice Guidelines for the Management of Dyslipidemia and Thyroid dysfunction' based on analysis of data collected from randomized trials, clinical experience and opinion of experts.

The guidelines suggest universal screening for thyroid disorders in patients with dyslipidemia and recommends thyroxine therapy for those diagnosed positive for hypothyroidism, irrespective of the age. The guide also suggests that screening should begin at the age of 35 years and repeated after an interval of every five years, in otherwise healthy persons without dyslipidemia.

Thyroid disorder is a medical condition that impairs the normal functioning of the thyroid gland causing abnormal production of thyroid hormone. Excess hormone production results in hyperthyroidism, while insufficient production leads to hypothyroidism. Thyroid disorders could be due to genetic, environmental or dietary factors. They can occur at all ages but are most commonly diagnosed between the ages of 20 and 40.

Symptoms of hypothyroidism, include fatigue or lack of energy, weight gain, feeling cold, dry skin and hair, heavy menstrual periods, constipation, slowed thinking, brittle nails, swelling in arms and legs and hair loss.

According to Dr R V Jayakumar, president, Indian Thyroid Society and professor of endocrinology, Amrita Institute of Medical Sciences and Research Center (AIMS), Cochin, said that, "Majority of Indians are unaware that they suffer from thyroid disorders despite experiencing the symptoms, therefore it is necessary to go for the TSH test, a simple and most useful blood test for thyroid screening. While there is no permanent cure for thyroid disorders, with timely screening, appropriate treatment

and regular check-ups it can be controlled and patients can continue to live a normal life."