

# POINTS TO REMEMBER FOR CLINICAL PRACTICE

Endocrine  
manifestations

## Thyroid dysfunctions

- The frequency of thyroid dysfunctions increases with age:
  - 25% in children
  - 50% in 18 year olds
  - 50-70% in adults
- Congenital hypothyroidism is frequent and must be recognized early; it may be transient and benefits from a controlled regime to stop treatment.
- In 50% of dysfunctions, anti-thyroid antibodies (TPO) are present and an autoimmune mechanism is involved.
- The most frequent form is subclinical hypothyroidism, which must be treated if TSH is  $>10$  mU/L with signs suggesting an autoimmune pathology and/or the presence of goiter.
- Hashimoto's thyroiditis appears early (6.5 years), frequently accompanied by another autoimmune pathology and may be followed by Graves' disease.
- Lifelong regular clinical and biological monitoring is required.