Expert Proposes Lower Normal Range for TSH

BY MITCHEL L. ZOLER

PHILADELPHIA — A lower normal range for thyroid-stimulating hormone would help physicians detect and treat more cases of occult hypothyroidism, Dr. Leonard Wartofsky said at the annual meeting of the American College of Physicians.

Based on common thyroid-stimulating hormone (TSH) levels among U.S. adults, a reasonable normal range is 0.4-2.5 microIU/mL, said Dr. Wartofsky, an endocrinologist and chairman of the department of medicine at Washington (D.C.) Hospital Center.

Although some other experts also endorse this or a similar TSH range as the new normal, it has not yet made its way into official recommendations by endocrinology groups. For example, the most recent TSH range endorsed by the

American Association of Clinical Endocrinologists remained where it has been for several years, at 0.5-5.0 microIU/mL (Endocr. Pract. 2006;12:63-102). The National Academy of Clinical Biochemistry set an upper limit of normal for TSH at 4.1 microIU/mL in 2003 (Thyroid 2003;13:3-126), according to Dr. Wartofsky.

Other experts have warned that lowering the threshold for diagnosing hypothyroidism risks identifying and treating patients who have not been proven to face a substantial disease risk or to benefit from treatment (JAMA 2004;

Dr. Wartofsky argued in favor of a lower normal range because of the way TSH levels are distributed among Americans. In the National Health and Nutrition Examination Survey (NHANES) III, which measured TSH levels in about 13,000 U.S. adults who were free from any suggestion of thyroid disorder during 1988-1994, the average TSH level was about 1.5 microIU/mL (J. Clin. Endocrinol. Metab. 2002;87:489-99).



Statistics show that about 97.5% of the U.S. population has a TSH level of less than 25 microIU/mL.

DR. WARTOFSKY

Among women, who have a higher risk for hypothyroidism compared with men, the average level was 1.39 microIU/mL in white women and 1.18 microIU/mL in African American women.

Based on the bell-shaped distribution of TSH levels among Americans, statistics showed that about 97.5% of the population has a TSH level of less than 2.5 microIU/mL, Dr. Wartofsky said in an

Those patients with higher levels are worth examining further to detect unrecognized hypothyroidism.

He suggested that people younger than 60 years with TSH levels higher than 2.5 microIU/mL get retested a few months later. The second blood draw should also be tested for antithyroperoxidase antibody (anti-TPOAb). People whose TSH level remains high and who are antibody positive should start treatment for hypothyroidism with thyroxine, Dr. Wartofsky said. "They are destined to move on to overt hypothyroidism." In about a quarter of people with initially high TSH, the level will drop on retesting without any treatment.

People with persistently high TSH but without detectable anti-TPOAb fall into a gray area. They could start on thyroxine treatment, or they could defer treatment and get retested in a year. The decision to treat or not would depend on whether the patient had any signs or symptoms of hypothyroidism.

Exceptions to this strategy include women in early pregnancy, who normally have lower TSH levels than the healthy, general population.

In pregnant women, any TSH higher than 1 microIU/mL is "distinctly abnormal." TSH levels also seem to normally rise as people age. Among men and women aged 60-80 years, a TSH of 3.0 microIU/mL is reasonable. In those older than 80 years, the normal range can run as high as 4.0 microIU/mL, Dr. Wartofsky said.

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infini has been reported as being abused by crushing, chewing, snorting, or injecting the dissolved it. These practices will result in the uncontrolled delivery of the opioid and pose a significant risk budget of the property of the property of the opioid and pose a significant risk budget and the property of the property of the property of the opioid and pose a significant risk budget and the property of t

In general, opioids should not be abruptly discontinued (see DOSAGE AND ADMINISTRATION Cessation of Therapy).

information for reuters, considerates of the first part of their caregivers should be given the ollowing information by the physician, nurse, pharmacist, or caregiver:

1. Patients should be aware that OxyContin Tablets contain oxycodone, which is a morphine-like substance.

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This should be advised that OxyContin may impair mental and/or physical ability required for the primance of potentially hazardous tasks (e.g., driving, operating heavy machinery).

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Patients should be advised that they may pass empty matrix "ghosts" (tablets) via colostomy or in the stool, and that this is of no concern since the active medication has already been absorbed.

into should be advised that if they have been receiving treatment with DxyContin for more than a neeks and cessation of therapy is indicated, it may be appropriate to taper the DxyContin dose, than abruptly discontinue it, due to the risk of precipitating withdrawal symptoms. Their physi-can provide a dose schedule to accomplish a gradual discontinuation of the medication.

Patients should be instructed to keep OxyContin in a secure place out of the reach of children When OxyContin is no longer needed, the unused tablets should be destroyed by flushing down the toilet

It must be remembered that OxyContin Tablets cannot be crushed or divided for administration

and (to an even lesser degree) circulatory depression, hypotension, or shock (see OVERDOSAGE). The non-serious adverse events seen on initiation of therapy with DoyContin are typical opioid side effects. These events are dose-dependent, and their frequency depends upon the dose, the clinical setting, the plateria level of opioid tolerance, and host factors specific to the individual. They should be expected and managed as a part of opioid analyseis. The most feequent (>5%) include constipation, maxies, sommolence, dizchess, vornifien, purtuits, headache, dry modifs, westering, and astherial. In many cases the frequency of these events during initiation of therapy may be minimized by careful individualization of starting dosage, sow tiration, and the avoidance of large swings in the plasma concentrations of the opioid. Many of these adverse events will cases or decrease in intensity as boy Contin therapy is continued and some degree of tolerance is developed.

	OxyContin (n=227) (%)	Immediate- Release (n=225) (%)	Placebo (n=45) (%)	
Constipation	(23)	(26)	(7)	
Nausea	(23)	(27)	(11)	
Somnolence	(23)	(24)	(4)	
Dizziness	(13)	(16)	(9)	
Pruritus	(13)	(12)	(2)	
Vomiting	(12)	(14)	(7)	
Headache	(7)	(8)	(7)	
Dry Mouth	(6)	(7)	(2)	
Asthenia	(6)	(7)	_	
Sweating	(5)	(6)	(2)	

reported in position-leveling dependence.

Blood and Imphiliate system disorders: lymphadenopathy

Cardiac disorders: palpitations (in the context of withdrawal)

Ear and labyrinth disorders: tinnibus

Endocrine disorders: syndrome of inappropriate antidiuretic hormone secretion (SIADH)

Eye disorders: abnormal vision

Gastrointestinal disorders: dysphagia, eructation, flatulence, gastrointestinal disorder, ileus, increased annellis estomatis.

increased appeale, storilatus General disorders and administration site conditions: chest pain, edema, facial edema, malaise pain, peripheral edema, thirst, withdrawal syndrome (with and without seizures)

Renal and urinary disorders: dysuria, hematuria, polyuria, urinary retention, urination Reproductive system and breast disorders: amenorihea, decreased libido, impotence Respiratory, thoracic and mediastinal disorders: cough increased, voice alteration Skin and subcutaneous tissue disorders: dry skin, edoliative dermatitis, urticaria

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Pages 12a—12b₺