# Priority Topic: THYROID

## Key Features:

1. **Limit testing** for thyroid disease to **appropriate patients**, namely those with a significant pre-test probability of abnormal results, such as:
   - those with **classic signs or symptoms** of thyroid disease.
   - those whose symptoms or signs are not classic, but who are at a **higher risk for disease** (e.g., the elderly, postpartum women, those with a history of atrial fibrillation, those with other endocrine disorders).

**What you should study:** depending on your preference, there are AIM an AAFP articles on hyper- and hypothyroidism. You definitely don’t need to read ALL of these, but we wanted to give you options!

- Hypothyroidism in Adults PBSGL: [www.members.fmpe.org](http://www.members.fmpe.org)
- Hypothyroidism in the clinic AIM 2009
- Hyperthyroidism in the clinic AIM 2012
- La thyroïde - passer le test! MduQ 2012
- Hypothyroidism - an update AAFP 2012
- Hyperthyroidism diagnosis and treatment AAFP 2016
- Thyroiditis - an integrated approach AAFP 2014 - **this article covers postpartum thyroiditis**
- Thyroid disease in Pregnancy AAFP 2014
- Quand la thyroïde s’emballe MduQ 2012
- Hyperthyroidism ATA 2016 Guidelines
- Hypothyroidism ATA 2014 Guidelines
2. In patients with established thyroid disease, do not check thyroid-stimulating hormone levels too often, but rather test at the appropriate times, such as:
   - after changing medical doses.
   - when following patients with mild disease before initiating treatment.
   - periodically in stable patients receiving treatment.
   ✓ Just do it!

3. When examining the thyroid gland, use proper technique (i.e., from behind the patient, ask the patient to swallow), especially to find nodules (which may require further investigation).

What you should study:
✓ This is a pretty good video from Stanford on proper technique for a thyroid exam: [https://www.youtube.com/watch?v=ImEus_ZDipg](https://www.youtube.com/watch?v=ImEus_ZDipg)

Note: The investigation of thyroid nodules is not covered here.

****DESPITE THE ABOVE NOTE in the key features: you DO have to know about thyroid nodules - it regularly comes up on the exam.

What you should study:
✓ ATA thyroid nodule guidelines 2016
✓ ATA Thyroid nodule guidelines 2016 flow chart summary
✓ Thyroid Nodules AAFP 2013
✓ Nodule thyroïdien MduQ 2012
A few other interesting articles on subclinical thyroid problems:

✓ Subclinical Hyperthyroidism AAFP 2017
✓ Dysthyroïdies succiniques MduQ 2012

**EXAM tip:** It’s pretty common for the SAMP to ask you to list symptoms and signs of hyper- or hypothyroidism