

# 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 and 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 Guide lines
- ✓ 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.

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.*