Clinical issues in optimising thyroid treatment

CPD QUESTIONNAIRE

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1. Which of the following symptoms are diagnostic for hypothyroidism?

- ☐ **A** Fatigue
- ☐ **B** Drier skin
- ☐ **C** Poorer memory
- ☐ **D** Feeling colder
- ☐ **E** All of the above
- ☐ **F** None of the above

2. Which statement is true?

- ☐ **A** Symptoms arising from poor lifestyle are often attributed to thyroid disease
- ☐ **B** Diagnosis of hypothyroidism is made by measuring T4 levels

3. Reference ranges for TSH levels (0.45-4.12mIU/l) have been derived based on clinical symptoms.

- ☐ **A** True
- ☐ **B** False

4. Subclinical hypothyroidism can be described as:

- ☐ **A** High TSH and T4 levels, normal T3 levels
- ☐ **B** High TSH levels, normal T4 and T3 levels
- ☐ **C** High TSH levels, irrespective of T4 and T3 levels

5. In the young healthy adult with overt hypothyroidism, at which dose should L-thyroxine be initiated?

- ☐ **A** 1.2µg/kg/day
- ☐ **B** 1.6µg/kg/day
- ☐ **C** 2.2µg/kg/day

6. In the older patient with overt hypothyroidism and without coronary heart disease, at which dose should L-thyroxine be initiated?

- ☐ **A** 12.5µg/day
- ☐ **B** 25.0µg/day
- ☐ **C** 50.0µg/day

7. To maximise the effectiveness of L-thyroxine, it is best to take it:

- ☐ **A** 30 minutes before breakfast
- ☐ **B** With food
- ☐ **C** 30 minutes after breakfast

8. Which of the listed medicines does not affect absorption of L-thyroxine?

- ☐ **A** Oral bisphosphonates
- ☐ **B** ACE-inhibitors
- ☐ **C** PPIs
- ☐ **D** Orlistat
- ☐ **E** None of the above
- ☐ **F** B and D

9. The use of which listed medication(s) may compromise thyroid function?

- ☐ **A** Amiodarone
- ☐ **B** Lithium
- ☐ **C** A and B

10. Patients who test TPOAb-positive are 4-8 times more likely to progress to overt hypothyroidism.

- ☐ **A** True
- ☐ **B** False

11. Which of the following are potential consequences of failure to treat subclinical hypothyroidism?

- ☐ **A** Increased risk of heart disease, particularly in the presence of other cardiovascular risk factors
- ☐ **B** Impaired quality of life
- ☐ **C** Weight loss
- ☐ **D** All of the above
- ☐ **E** A and B

12. Which statement is false?

- ☐ **A** The prevalence of subclinical hypothyroidism increases with age, as TSH levels rise with age
- ☐ **B** 85-year-olds with normal TSH levels survive longer than those with a TSH that is slightly elevated
- ☐ **C** Treatment with L-thyroxine for mildly raised TSH levels in those older than 60 years does not improve symptoms or quality of life over 12 months

13. In the patient aged more than 70 years, ETA guidelines recommend L-thyroxine treatment at which TSH level?

- ☐ **A** >2.5mIU/l
- ☐ **B** >10mIU/L

14. ATA guidelines strongly recommend L-thyroxine treatment in pregnant women who are:

- ☐ **A** TPOAb-positive, TSH greater than the pregnancy-specific reference range
- ☐ **B** TPOAb-negative, TSH >10.0mIU/l
- ☐ **C** TPOAb-negative, TSH >2.5mIU/l
- ☐ **D** A and B

15. At all ages, treatment with L-thyroxine is recommended with TSH:

- ☐ **A** >2.5mIU/l
- ☐ **B** >4.0mIU/l
- ☐ **C** >10.0mIU/l

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