

Ms Wood and Ms Mynott
Thyroid UK
32 Darcy Road
St Osyth
Clacton on Sea
CO16 8QF.

22nd May 2009

Dear Ms Wood and Ms Mynott

Statement on the Diagnosis and Management of Primary Hypothyroidism

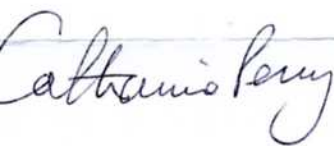
Further to my previous letters and emails, the comments and materials received by the College have been reviewed.

This position statement or guidance (not a guideline) was produced on behalf of the Royal College of Physicians, in particular its Patient and Carer Network and the Joint Specialty Committee for Endocrinology and Diabetes; the Association for Clinical Biochemistry; the Society for Endocrinology; the British Thyroid Association; the British Thyroid Foundation Patient Support Group and the British Society of Paediatric Endocrinology and Diabetes and is endorsed by The Royal College of General Practitioners.

The President has asked me to let you know that this review has not resulted in any changes to that statement. It should be noted that it is about the treatment of primary hypothyroidism and does not preclude other treatments for exceptional cases by specialist endocrinologists who can make clear to patients any associated risks.

References supporting the statement are listed overleaf.

Yours sincerely



Catharine Perry
Administrator



- Diagnosis and treatment of primary hypothyroidism. *BMJ* 2009;338:b725
- Vaidya B, Pearce S. A Clinical Review of the management of hypothyroidism in adults. *BMJ* 2008;337:a801. This contains references for 35 articles and states that Armour thyroid is of no proved additional benefit to levothyroxine.
- *The Lancet*, Volume 363, Issue 9411, Pages 793 - 803, 6 March 2004. This covers the history, epidemiology, pathophysiology, and clinical diagnosis and management of hypothyroidism and is written by Caroline GP Roberts and Paul Ladenson of Johns Hopkins University School of Medicine, Baltimore, USA. This review, which references 164 clinical articles, states that the treatment of choice for hypothyroidism is levothyroxine sodium (thyroxine) and does not refer to Armour thyroid.
- Baloch Z, Carayon P, Conte-Devolx B, et al. Laboratory medicine practice guidelines. Laboratory support for the diagnosis and monitoring of thyroid disease. *Thyroid* 2003;13:3-126.
- Association of Clinical Biochemists BTA, British Thyroid Foundation. UK Guidelines for the use of thyroid function tests. <http://acb.org.uk/docs/tftguidelinefinal.pdf>
- Surks MI, Ortiz E, Daniels GH, et al. Subclinical thyroid disease: scientific review and guidelines for diagnosis and management. *JAMA* 2004;291:228-238.

In response to your email to Linda Cuthbertson of 20th February, this is to inform you that the College will be reviewing your communication along with other similar representations and will respond to you more fully within four weeks.

If there are any further points or questions which you would like us to consider, please could you forward these to me either in writing or to the email address below by Tuesday 14th April.