



Effective Health Care

Evidence-based Practices and Triiodothyronine for Hypothyroidism Treatment

Next Steps

The nominator is interested in the treatment of hypothyroidism with triiodothyronine, or T3.

Developing guidance for clinical practice is outside the purview of AHRQ's Effective Health Care Program reviews. No further activity will be undertaken on this topic.>

Topic Summary and Considerations

Topic Name and Number: Evidence-based Practices and Triiodothyronine for Hypothyroidism Treatment, #748

Date: October 17, 2017

Key questions from the nomination:

- Hypothyroidism is a condition where the thyroid gland does not make enough thyroid hormone for an individual.¹
- Hypothyroidism is a common condition affecting 4.6% US individuals 12 years and older. It is most common in people 60 years and older. Most have mild symptoms including Symptoms include fatigue, weight gain, cold intolerance, constipation, dry skin and thin hair.¹
- Treatment consists of replacement hormone, commonly with levothyroxine.¹
- Some people have persistent symptoms despite treatment, and the dose of levothyroxine might adjusted or another medication triiodothyronine may be used.
- While this is an important issues the development of guidance for clinical practice is outside the scope of the AHRQ Effective Health Care Program.

References

1. *Hypothyroidism (Underactive Thyroid)*. [cited 11/21/2017]; Available from <https://www.niddk.nih.gov/health-information/endocrine-diseases/hypothyroidism>.