

Clinical Characteristics of Patients with Subacute Thyroiditis

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Abstract

Objective: Subacute thyroiditis is a self-limited, inflammatory viral thyroid disease which presents with neck pain, usually accompanied by systemic symptoms. The aim of the study was to evaluate the clinical characteristics of patients with SAT.

Method: Forty-two patients ≥ 35 years of age (mean age = 42.4 ± 5.9 years (40 female, 2 male), were enrolled in the study. Demographic characteristics, thyroid function tests such as Thyroid Stimulating Hormone (TSH), Free Triiodo Thyronine (FT3), and Free Thyroxine (FT4) and other biochemical tests were evaluated retrospectively.

Results: Clinical symptoms of patients such as palpitation (and tachycardia), neck pain, fever, tenderness, weight loss and tremor were found in 47.6%, in 90.4%, in 66.6%, in 92.8%, in 11.9%, and in 16.6%, respectively.

Mean levels of TSH, FT3, FT4, and erythrocyte sedimentation rate were found to be 0.03 ± 0.01 $\mu\text{IU/mL}$ (normal range: 0.35-5.5 $\mu\text{IU/mL}$), 3.7 ± 0.2 pg/mL (normal range: 2.3-4.2 pg/mL); 1.4 ± 0.1 ng/dL (normal range: 0.93-1.7 ng/dL) and 62.5 ± 13.0 mm/hour, respectively. Thyroid scintigraphy was performed in 41 patients and showed low uptake in all patients. Ultrasound, performed in all patients, showed dishomogeneous and bilateral patchy in 28 patients and thyroid nodules in 14 patients. Two patients received no treatment, and 40 received either non-steroidal anti-inflammatory drugs (NSAID) (no.=10) or glucocorticoids (no.=30).

Conclusion: The most common symptoms such as neck pain, tenderness and fever were seen in patients. And also, suppressed TSH and increased sedimentation rate were found in all patients.