

TREATING THYROID DISEASE

Selecting the appropriate treatment for hyperthyroidism

Choosing the appropriate treatment for hyperthyroidism depends on the underlying cause.

- Over production = block hormone production
- Damage and release = block hormone action

There are several ways to block hormone production:

- Medication (thionamides) to block steps in hormone production
- Radioactive iodine to damage thyroid cells and prevent function
- Surgery to remove the thyroid tissue



If thyroid is not overproducing thyroid hormone, you can block actions to control symptoms:

- Beta blockers to block adrenergic symptoms
- Prednisone to block T4 → T3 conversion



Thyroiditis (inflammation) is self-limited and does not need treatment other than symptomatic control.