

# OTHER CAUSES OF ABNORMAL THYROID LAB VALUES

## Recognizing subclinical hyperthyroidism

Subclinical hyperthyroidism is diagnosed with **low** TSH but **normal** thyroid hormone levels.

### Common causes include:

- Non-thyroidal illness
- Resolving thyroiditis
- Hyperfunctioning nodule
- Early Graves' disease
- Excess thyroid hormone replacement
- Normal changes seen with early pregnancy



Patients are typically asymptomatic and most do not need treatment.

### Subclinical hyperthyroidism is associated with several clinical consequences:

- Increased risk of arrhythmias
- Decreased bone mineral density
- May be associated with increased risk of cardiovascular death



Consider treating patients at high risk for these complications: elderly patients, patients with history of cardiovascular disease, and post-menopausal women with osteoporosis.

### Further reading

Cooper DS and Biondi B. Subclinical thyroid disease. *Lancet*. 2012. 379:1142–1154.

Ross DS. American Thyroid Association guidelines for diagnosis and management of hyperthyroidism and other causes of thyrotoxicosis. *Thyroid*. 2016. 26(10):1343–1421.