Title: Screening for Thyroid Dysfunction

Literature Surveillance Date: April 2019

Recommendation Summary: In 2015, the USPSTF concluded that the current evidence was insufficient to assess the balance of benefits and harms of screening for thyroid dysfunction in nonpregnant, asymptomatic adults (Grade: I statement).

Summary of New Evidence: Literature scans were conducted in the MEDLINE and PubMed databases and the Cochrane Library. Results were limited to articles in English language and in core and specialty journals that were published 2014 to present.

Systematic Reviews
We did not identify any systematic reviews on screening for thyroid dysfunction. We found four systematic reviews addressing treatment for subclinical hypothyroidism that included from seven to 21 studies and reported effects on low-density lipoprotein cholesterol, other lipid levels, quality of life, and thyroid-related symptoms, including cardiovascular events.1-4

Primary Studies
We identified no studies of screening for thyroid dysfunction.

We found three studies of treatment of thyroid dysfunction. One randomized, controlled trial included older patients with subclinical hypothyroidism treated with levothyroxine, and two cohort studies focused on harms of treatment (radioiodine for hyperthyroidism and levothyroxine for subclinical hypothyroidism).5-7

References
3. Abreu IM, Lau E, de Sousa Pinto B, Carvalho D. Subclinical hypothyroidism: to treat or not to treat, that is the question! A systematic review with meta-analysis on lipid profile. Endocr. 2017;6(3):188-199.