### Screening for Thyroid Dysfunction

**Clinical Summary of U.S. Preventive Services Task Force Recommendation**

<table>
<thead>
<tr>
<th>Population</th>
<th>Nonpregnant, asymptomatic adults</th>
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<tbody>
<tr>
<td><strong>Recommendation</strong></td>
<td>No recommendation.</td>
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<tr>
<td><strong>Grade:</strong> I statement</td>
<td>Insufficient evidence</td>
</tr>
</tbody>
</table>

#### Risk Assessment

Risk factors for an elevated thyroid-stimulating hormone (TSH) level include female sex, advancing age, white race, type 1 diabetes, Down syndrome, family history of thyroid disease, goiter, previous hyperthyroidism, and external-beam radiation in the head and neck area. Risk factors for a low TSH level include female sex; advancing age; black race; low iodine intake; personal or family history of thyroid disease; and ingestion of iodine-containing drugs, such as amiodarone.

#### Screening Tests

The primary screening test for thyroid dysfunction is serum TSH testing. Multiple tests over 3 to 6 mo should be performed to confirm or rule out abnormal findings. Follow-up testing of serum thyroxine (T4) levels in persons with persistently abnormal TSH levels can differentiate between subclinical (normal T4) and "overt" (abnormal T4) thyroid dysfunction.

#### Treatment and Interventions

Hypothyroidism is treated with oral T4 monotherapy (levothyroxine sodium). Consensus is lacking on the appropriate point for clinical intervention, especially for TSH levels <10.0 mIU/L. Hyperthyroidism is treated with antithyroid medications (e.g., methimazole) or nonreversible thyroid ablation therapy (e.g., radioactive iodine or surgery). Treatment is generally recommended for patients with a TSH level that is undetectable or <0.1 mIU/L, particularly those with overt Graves disease or nodular thyroid disease.

#### Balance of Benefits and Harms

The current evidence is insufficient to assess the balance of benefits and harms of screening for thyroid dysfunction in nonpregnant asymptomatic adults.

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org).