



U.S. Preventive Services Task Force Concludes Evidence for Screening for Thyroid Dysfunction in Adults Without Symptoms is Insufficient

Task Force does not recommend for or against screening and calls for more research

WASHINGTON, D.C. – March 24, 2015 – The U.S. Preventive Services Task Force (Task Force) today published a final recommendation statement on screening for thyroid dysfunction, one of the most common endocrine (or hormone) conditions that doctors and nurses evaluate and treat. The Task Force concluded that the current evidence is insufficient to make a recommendation for or against screening for thyroid dysfunction in adults who are not pregnant and show no signs or symptoms of a thyroid problem. This is an **I statement**.

Thyroid dysfunction is a range of thyroid gland disorders, and includes hypothyroidism and hyperthyroidism. The thyroid gland produces hormones that help control the body's metabolism.

"While screening and treating asymptomatic adults for thyroid dysfunction is common, there is very limited evidence that evaluates whether these practices lead to improved health outcomes," stated Task Force member Jessica Herzstein, M.D., M.P.H.

"Many people can have slight abnormalities in their thyroid test and not experience any symptoms," said Task Force Co-vice Chair Dr. Kirsten Bibbins-Domingo, Ph.D., M.D., M.A.S. "We hope that additional research on this topic will help lead to a more definitive recommendation in the future."

The Task Force's final recommendation statement has been published online in *Annals of Internal Medicine*, as well as on the Task Force Web site at www.uspreventiveservicestaskforce.org. A fact sheet that explains the recommendation statement in plain language is also available. The draft recommendation was available for public comment from October 28 to November 24, 2014.

The Task Force is an independent, volunteer panel of national experts in prevention and evidence-based medicine that works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services, and preventive medications.

Grades in this recommendation:

I: The balance of benefits and harms cannot be determined.

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Contact: Ana Fullmer at Newsroom@USPSTF.net / (202) 350-6668