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Thyroid Antibody Titers and Hypothalamic-Pituitary-Thyroid Axis Activity in Levothyroxine Treated Women With Autoimmune Subclinical Hypothyroidism Receiving Atorvastatin or Metformin

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Why is this article important to you?

Both metformin and statins reduce thyroid antibody titers in individuals with Hashimoto thyroiditis. The present study compared the impact of low-grade systemic inflammation and insulin resistance on levothyroxine action in subjects with this disorder. The study included three groups of women with autoimmune subclinical hypothyroidism matched for thyroid antibody titers and hormone levels: patients receiving atorvastatin (Group A) or metformin (Group B) and statin- and metformin-naïve women (Group C). Over the entire study period (six months), all individuals received levothyroxine. Titers of thyroid antibodies, as well as concentrations of thyrotropin, free thyroid hormones, prolactin, lipids, glucose, insulin, high-sensitivity C-reactive protein (hsCRP) and 25-hydroxyvitamin D were assessed at baseline and six months later. Learners who complete the review of this journal article will be able to articulate potential effects of adding metformin and atorvastatin in addition to standard therapy with levothyroxine in the treatment of autoimmune subclinical hypothyroidism in women.



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UAN: 0665-0000-22-039-H01-P– ACPE 1 Contact Hours

Activity Type: Knowledge-based **Format:** Home-study **Target Audience:** 'P'



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The Accreditation Council for Continuing Medical Education designates this journal CE activity for 1 *AMA PRA Category 1™* credit. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Target Audience

Interprofessional team of Physicians, Pharmacists and PhDs.

Learning Objectives

After completing this activity, the learner will be able to:

1. Describe the effects of statin therapy on thyrotropin levels, free thyroid hormone production and thyroid peroxidase/thyroglobulin antibodies;
2. Describe the effects of metformin on thyrotropin levels, free thyroid hormone production and thyroid peroxidase/thyroglobulin antibodies;
3. Identify factors that affect levothyroxine in the treatment of autoimmune subclinical hypothyroidism;

4. Explain the potential benefits of statins or metformin in combination with levothyroxine in select patients with autoimmune subclinical hypothyroidism.

Requirements to Receive Credit

To receive continuing education credit, the learner must register for the educational activity, study the provided journal article and complete the online learning Post-event Self-assessment, as well as the online course Evaluation and CME/CPE Certificate. Credits and CME/CPE Certificates must be claimed within thirty (30) days of completing the article, Post-event Self-Assessment and Evaluation. Contact CE@ACCP1.org with any questions.

Disclosures:

Article Selection: Joseph S. Bertino Jr, PharmD, planner for this educational activity, has no relevant relationship(s) with ineligible companies to disclose.

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Home Study Initial Release and Expiration Dates

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