Symptoms of thyroid dysfunction such as:

• Unusual fatigue
• Unexplained weight loss or gain
• Atrial fibrillation or unexplained tachycardia
• Sensitivity to cold or heat
• Hair loss
• Tremor

Nonpregnant adults with no symptoms or relevant risk factors

Blood tests measure thyroid-stimulating hormone (TSH) levels and may show:

• underactive thyroid gland (hypothyroidism)
• overactive thyroid gland (hyperthyroidism)

The Task Force recommends against routine screening for thyroid dysfunction in asymptomatic patients.

Early detection of asymptomatic thyroid dysfunction does not improve outcomes.

Burden on patients:

• regular blood tests
• unnecessary life-long medication

Clinicians

• Do not routinely order TSH in all patients