



## Question

**Does routine screening for thyroid dysfunction in adults without symptoms or risk factors result in clinical benefit?**



## The Issue

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

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



## Recommendation

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



## Applies to:

Nonpregnant adults with no symptoms or relevant risk factors



## Does not apply to:

### Adults with:

#### Risk factors including:

- Diagnosed thyroid disease
- Exposure to certain medications
- Head or neck radiation
- Pituitary or hypothalamic disease

#### 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



## Why?

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



**Talk to your doctor.**