

Hyperthyroidism

- Management depends on the underlying cause
- Common causes:
 - Graves' disease, toxic adenoma or multi-nodular goitre, subacute, silent or post-partum thyroiditis, excessive thyroid hormone administration and iodine induced (often from radiological contrast media and Amiodarone)

Information Required

- Presence of Red Flags
- Duration of symptoms
- Associated symptoms
- Current and previous drug use (e.g. amiodarone, lithium)
- Recent potential iodine source (e.g. contrast media)
- Concomitant medical problems and family history

Investigations Required

- TFTs
- TSH receptor antibodies if Graves' disease is suspected
- Nuclear thyroid scan

Investigations *not* Required

- Thyroid ultrasound is not usually helpful

Fax Referrals to

GP Plus Marion

7425 8687

GP Plus Noarlunga

8164 9199

Red Flags

- | | |
|--|---|
| <ul style="list-style-type: none"> 🚩 Atrial fibrillation or other cardiac rhythm disturbance 🚩 Cardiac failure or ischaemia 🚩 Rapid weight loss, significant myopathy 🚩 Obstructive symptoms from a goitre | <ul style="list-style-type: none"> 🚩 Hypokalaemia or periodic paralysis, particularly in SE Asian origin patients 🚩 Severe or progressive thyroid eye disease 🚩 Pregnancy (current or intended) or breastfeeding |
|--|---|

Suggested GP Management

- If red flag present discuss with on call registrar
- Nuclear thyroid scan and serum Thyroid receptor antibodies if cause unclear
- Avoid iodinated contrast agents wherever possible
- Consider beta blocker for symptom control
- If hyperthyroidism is not due to excess exogenous thyroid hormone, transient thyroiditis or iodine load start carbimazole (or PTU if pregnancy possible). Note that serious adverse reactions to these drugs are not uncommon and patients must be fully informed
- Repeat TFTs within a week of clinic appointment

Clinical Resources

Therapeutic Guidelines Endocrinology Version 6 (2018)

General Information to assist with referrals and the and Referral templates for SALHN are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients and SAFKI Medicare Local website www.safkimi.com.au

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