

Follow-up

How frequently to visit?

Close monitoring is essential. In the first six months it should be monthly and then once in two months from 6 months to two years. Thereafter three monthly visits are needed.

What to look for?

Children would be followed for growth, development, hearing and thyroid hormone levels.

What if we miss a dose?

Ideally thyroid medicine should not be missed. If that happens give double dose on the next day.

What are the features of low thyroid levels?

Lethargy, coarse skin, slow development, constipation.

What are the features of high thyroid levels?

Irritability, fever, fast heart rate, sweating, frequent motions.

What would be development of our child?

Treatment before 14 days of life is associated with normal brain development. Delay in diagnosis, irregular followup and poor control effects brain development.



Contact

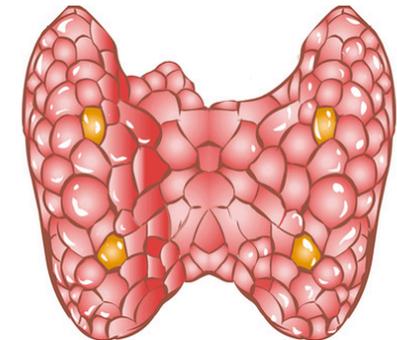
Center for Diabetes Endocrinology & Research,
14/122, Ratan Unique, Opp PPN Market, The Mall,
Kanpur-208001 Tel: 0512-3081818,
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GROW India
Growth & Obesity Workforce



Congenital hypothyroidism



Anurag Bajpai

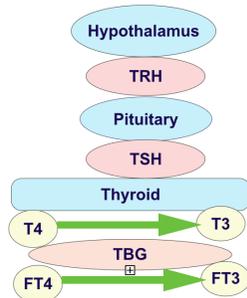
Thyroid gland

What is Thyroid gland?

Thyroid is a gland located in our neck. It produces thyroid hormone thyroxine (T4) that controls growth, brain development and a number of bodily functions.

How is thyroid gland controlled?

Thyroid gland is closely regulated by the pituitary gland through its thyroid stimulating hormone (TSH) secreted by pituitary gland. Decrease in thyroid hormone level increases TSH levels while increase in thyroid levels reduces TSH levels.



How is it assessed?

Thyroid functions are assessed with a blood test for T4 and TSH. The test should ideally be done in a fasting state.

Congenital hypothyroidism

Can Thyroid problem happen at birth?

1 in 1500 Indian children have low thyroid levels at birth. This has huge impact on brain development. The only way to pick up congenital hypothyroidism is to do routine blood test at day 3 of life. Unfortunately most children are picked up a late stage resulting in brain damage



No screening

Screening

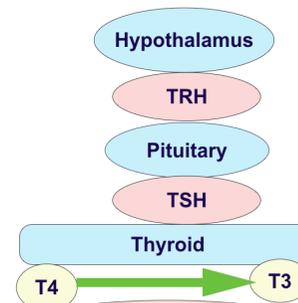
What are the causes?

In over 80% children the gland is not well developed. In the remaining the gland is not functioning properly. Rarely maternal antibodies are the cause.

How to give the medicine?

Only tablets are available. They should be crushed using spoons and dissolved in breast milk. There is no need to give the medicine empty stomach in newborns.

Central Hypopituitarism
1 in 50000



Primary Dysgenesis
Dyshormonogenesis
1 in 2500

What to do?

All children with low thyroid levels should be started on thyroid medication immediately. Thyroid scan should be done if available.



How long to treat?

Most children require life long treatment. Rarely it can be discontinued after 3 years of age after doctors advice.

Check thyroid levels in all children at day three of life..