

# Hashimoto chronic thyroiditis. Retrospective analysis of 228 patients

## Tiroiditis crónica de hashimoto. serie clínica

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**Background:** Chronic Hashimoto Thyroiditis (CHT) is the main cause of hypothyroidism. **Aim:** To report a series of patients with CHT. **Material and Methods:** Retrospective analysis of a series of 27 men aged  $38 \pm 14$  years and 201 women aged  $37 \pm 16$  years, evaluated in the private offices of two of the authors. **Results:** Fifty six percent of patients only had unspecific symptoms at the moment of consultation, 50% had a family history of thyroid diseases and only 21% of women had a previous history of goiter. Eighty one percent of patients had clinical or subclinical hypothyroidism, 62% had both antithyroglobulin and antithyroid peroxidase positive antibodies and 13% had both antibodies negative. Only 1.4% of patients had a normal thyroid ultrasound examination. Patients were treated with levothyroxine at a mean dosage of 75  $\mu$ g/day and 53% achieved an adequate TSH level. Six of ten patients operated due to nodules had a papillary carcinoma. **Conclusions:** CHT should be sought in the general popu