

# Review of: "[Short Communication] Advisory caution message on retail packaging of Levothyroxine and its significance in the treatment of hypothyroidism"

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This is an important short communication on the misuse of levothyroxine especially in patients with subclinical hypothyroidism who may not require life-long treatment with levothyroxine. The author proposes the addition of an advisory message on levothyroxine packaging cautioning against the use of levothyroxine in patients with TSH < 10 mIU/L and normal free T3 and free T4 levels.

While the majority of patients with TSH < 10 mIU/L and normal free T3 and free T4 levels may not require treatment with levothyroxine, patients with convincing symptoms of hypothyroidism and females who are pregnant or planning pregnancy may benefit from treatment. In addition, there is some evidence that patients younger than 65 years of age with a TSH 7.0 to 9.9 mIU/L may be at increased risk for cardiovascular events [Rodondi N et al JAMA. 2010;304(12):1365] and may therefore benefit from treatment with levothyroxine.

To this extent, an advisory message informing general practitioners when to refer patients with subclinical hypothyroidism to an Endocrinologist, i.e. patient groups discussed above, may be more useful than specifying a TSH cut-off level for the initiation of levothyroxine.