

# Hypothyroidism and pregnancy

## Time of change

Pregnancy is a magical moment in the life of women, therefore we must be prepared to live it fully, many changes physically and emotionally occur in a very short time. When you start pregnancy, the thyroid gland of the expectant mother has an extra work, as during the first weeks of pregnancy, the baby does not have thyroid hormone production, requiring the mother to ensure proper hormone contribution for her and the proper development of the baby, especially neurological.

## What is hypothyroidism and how it affects the gestation?

Hypothyroidism is little thyroid hormone in the blood. This deficiency can be pre-pregnancy (already diagnosed hypothyroidism) or develop during it. To diagnose hypothyroidism simply a blood test to measure levels of thyroid hormone and TSH (thyroid stimulating hormone).

### Possible effects of uncontrolled hypothyroidism on the baby:

- a. Low birth weight
- b. Psychomotor development disorders
- c. Decreased IQ
- d. Congenital hypothyroidism

### Possible effects of uncontrolled hypothyroidism on mother:

- a. Preeclampsia (hypertension of pregnancy)
- b. Abortion in the first trimester of pregnancy
- c. Premature birth

## Is there a “mild” hypothyroidism?

There subclinical hypothyroidism can occur called asymptomatic, while hypothyroidism established symptoms often occurs with dry

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skin and hair as, brittle nails, fatigue, weight gain among others. The prevalence of subclinical hypothyroidism in women of reproductive age is between 2% and 7%, while in infertile women varies between 0.9% and 40%. In patients with recurrent abortion incidence of hypothyroidism it is greater than in patients with other causes of infertility.

## Is all pregnant women should have this test?

- a. There is no consensus; however, it is indicated in the following situations:
- b. Family history of thyroid disease
- c. History of abortions or fertility problems
- d. Growth thyroid (goiter)
- e. Symptoms related

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None.