Subclinical Thyroid Dysfunction as a Risk Factor for Cardiovascular Disease

John P. Walsh, MBBS, PhD; Alexandra P. Bremner, PhD; Max K. Bulsara, MSc; Peter O'Leary, PhD; Peter J. Leedman, MBBS, PhD; Peter Feddema, BSc; Valdo Michelangeli, PhD

**Background:** There have been few large epidemiological studies examining the association between thyroid dysfunction and cardiovascular disease. In particular, it is uncertain if subclinical hypothyroidism is a risk factor for cardiovascular disease.

**Methods:** Serum thyrotropin and free thyroxine concentrations were measured in 2108 archived serum samples from a 1981 community health survey in Busselton, Western Australia (Busselton Health Study). In a cross-sectional study, we examined the prevalence of coronary heart disease in subjects with and without subclinical thyroid dysfunction. In a longitudinal study, we examined the risk of cardiovascular mortality and coronary heart disease events (fatal and nonfatal combined) to the end of 2001 (excluding subjects who had coronary heart disease at baseline).

**Results:** In the cross-sectional analysis, subjects with subclinical hypothyroidism (n=119) had a significantly higher prevalence of coronary heart disease than euthyroid subjects (n=1906) (age- and sex-adjusted prevalence odds ratio, 1.8; 95% confidence interval, 1.0-3.1; P=.04). In the longitudinal analysis of subjects with subclinical hypothyroidism (n=101), there were 21 cardiovascular deaths observed compared with 9.5 expected (age- and sex-adjusted hazard ratio, 1.5; 95% confidence interval, 1.0-2.4; P=.08) and 33 coronary heart disease events observed compared with 14.7 expected (age- and sex-adjusted hazard ratio, 1.7; 95% confidence interval, 1.2-2.4; P=.01). The increased risk of coronary heart disease events remained significant after further adjustment for standard cardiovascular risk factors. Subjects with subclinical hyperthyroidism (n=39) had no adverse outcomes.

**Conclusion:** Subclinical hypothyroidism may be an independent risk factor for coronary heart disease.

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The prevalence of subclinical hyperthyroidism was 1.8%, and that of subclinical hypothyroidism was 5.6%. Serum cholesterol was higher in subjects with subclinical hypothyroidism than in euthyroid subjects. Some authorities suggest that the upper limit of the thyrotropin reference range should be lowered from approximately 4 to 2.5 mIU/L. We therefore examined whether serum thyrotropin in the upper reference range (2.0-4.0 mIU/L) was associated with cardiovascular end points in the cross-sectional and longitudinal analyses, using subjects with a serum thyrotropin level of 0.4 to 2.0 mIU/L as the comparator group.

Statistical analyses were performed using S-PLUS 2000 (Insightful Corporation, Seattle, Wash). Significance was set at P<.05. The study was approved by the Royal Perth Hospital Ethics Committee.

The 2108 study subjects comprised 1063 men and 1045 women, with a mean age of 50 years (age range, 17-89 years). The baseline characteristics of the study subjects are given in Table 1. The prevalence of subclinical hyperthyroidism was 1.8%, and that of subclinical hypothyroidism was 5.6%. Serum cholesterol was higher in subjects with subclinical hypothyroidism than in euthyroid subjects (mean±SD, 244±50 mg/dL [6.3±1.3
but the difference was not significant after adjustment for age and sex (\(P=.06\)). Serum triglycerides were also higher in subjects with subclinical hypothyroidism than in euthyroid subjects (mean±SD, 151±124 mg/dL [1.7±1.4 mmol/L] vs 124±89 mg/dL [1.4±1.0 mmol/L]; \(P=.02\)), but the difference was not significant after adjustment for age and sex (\(P=.11\)).

### CROSS-SECTIONAL ANALYSIS

In the cross-sectional analysis, the prevalence OR for coronary heart disease was significantly increased (after adjustment for age and sex) in subjects with subclinical hypothyroidism compared with euthyroid subjects (OR, 1.8; 95% CI, 1.0-3.1; \(P=.04\)) (Table 2). The association remained significant after further adjustment for standard cardiovascular risk factors and self-reported thyroid disease or goiter (OR, 2.2; 95% CI, 1.2-4.0; \(P=.01\)). When subjects with subclinical hypothyroidism were divided into those with a serum thyrotropin level of 10.0 mIU/L or less and those with a serum thyrotropin level greater than 10.0 mIU/L, the association with coronary heart disease was significant only in the latter subgroup. No significant association was found between subclinical hyperthyroidism and coronary heart disease.

The analysis was repeated after excluding subjects with a history of thyroid disease or goiter at baseline (n=75). In this analysis, the ORs for coronary heart disease in subjects with subclinical hypothyroidism were as follows:

#### Table 1. Baseline Characteristics of the Study Subjects*

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Subclinical Hyperthyroid Group (n = 39)</th>
<th>Euthyroid Group (n = 1906)</th>
<th>Subclinical Hypothyroid Group (n = 119)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, y</td>
<td>51.3 ± 14.9</td>
<td>49.2 ± 17.0</td>
<td>58.1 ± 14.1†</td>
</tr>
<tr>
<td>Female sex</td>
<td>21 (53.8)</td>
<td>912 (47.8)</td>
<td>82 (68.9)†</td>
</tr>
<tr>
<td>History of thyroid disease or goiter</td>
<td>4 (10.3)‡</td>
<td>47 (2.5)†</td>
<td>14 (11.5)†</td>
</tr>
<tr>
<td>Free thyroxine, ng/dL</td>
<td>1.4 ± 0.2‡</td>
<td>1.2 ± 0.2</td>
<td>1.1 ± 0.2‡</td>
</tr>
<tr>
<td>Thyrotropin, median (range), mIU/L</td>
<td>0.26 (&lt;0.02 to 0.40)†</td>
<td>1.41 (0.40 to 3.99)</td>
<td>6.26 (4.01 to 50.14)†</td>
</tr>
<tr>
<td>Positive thyroid antibodies</td>
<td>7 (17.9)</td>
<td>198 (10.4)</td>
<td>75 (63.0)†</td>
</tr>
<tr>
<td>Body mass index§</td>
<td>25.7 ± 4.1</td>
<td>25.5 ± 3.8</td>
<td>25.4 ± 4.0†</td>
</tr>
<tr>
<td>Cholesterol, mg/dL</td>
<td>217 ± 39</td>
<td>224 ± 46</td>
<td>243 ± 50†</td>
</tr>
<tr>
<td>Triglycerides, mg/dL</td>
<td>142 ± 124</td>
<td>124 ± 89</td>
<td>150 ± 124‡</td>
</tr>
<tr>
<td>Diabetes mellitus</td>
<td>4 (10.3)§</td>
<td>55 (2.9)</td>
<td>5 (4.2)</td>
</tr>
<tr>
<td>Smoking status</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Never</td>
<td>17 (43.6)</td>
<td>911 (47.8)</td>
<td>67 (56.3)§</td>
</tr>
<tr>
<td>Past</td>
<td>11 (28.2)</td>
<td>597 (31.3)</td>
<td>39 (32.8)§</td>
</tr>
<tr>
<td>Current</td>
<td>10 (25.6)</td>
<td>383 (20.0)</td>
<td>13 (10.9)§</td>
</tr>
<tr>
<td>Blood pressure, mm Hg</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Systolic</td>
<td>132 ± 21</td>
<td>129 ± 20</td>
<td>133 ± 21</td>
</tr>
<tr>
<td>Diastolic</td>
<td>78 ± 12</td>
<td>77 ± 12</td>
<td>79 ± 13</td>
</tr>
<tr>
<td>Hypertension treatment</td>
<td>10 (25.6)</td>
<td>275 (14.4)</td>
<td>27 (22.7)</td>
</tr>
</tbody>
</table>

*Data are given as mean ± SD or as number (percentage) unless otherwise indicated.

†Adjusted for age, sex, body mass index, smoking status, diabetes mellitus, cholesterol, triglycerides, mean arterial blood pressure, hypertension treatment, exercise, and self-reported thyroid disease or goiter at baseline.

**SI conversion factors:** To convert free thyroxine to picomoles per liter, multiply by 12.87; to convert cholesterol to millimoles per liter, multiply by 0.0259; to convert triglycerides to millimoles per liter, multiply by 0.0113.

### Table 2. Prevalence Odds Ratios for Coronary Heart Disease in the Cross-sectional Analysis of All Subjects*

<table>
<thead>
<tr>
<th>Variable</th>
<th>Subclinical Hyperthyroid Group (n = 39)</th>
<th>Euthyroid Group (n = 1906)</th>
<th>Subclinical Hypothyroid Group (n = 119)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary heart disease present</td>
<td>2 (5.1)</td>
<td>154 (8.1)</td>
<td>18 (15.1)</td>
</tr>
<tr>
<td>Prevalence odds ratio (95% confidence interval)</td>
<td>0.6 (0.1-2.6)</td>
<td>1.0</td>
<td>1.8 (1.0-3.1)</td>
</tr>
<tr>
<td>Age and sex adjusted (P) value</td>
<td>.51</td>
<td>.04</td>
<td>.21</td>
</tr>
<tr>
<td>Further adjusted(†) (P) value</td>
<td>.05 (0.1-2.4)</td>
<td>1.0</td>
<td>2.2 (1.2-4.0)</td>
</tr>
</tbody>
</table>

*Data are given as number (percentage) unless otherwise indicated.

†Adjusted for age, sex, body mass index, smoking status, diabetes mellitus, cholesterol, triglycerides, mean arterial blood pressure, hypertension treatment, exercise, and self-reported thyroid disease or goiter at baseline.

mmol/L] vs 224±46 mg/dL [5.8±1.2 mmol/L]; \(P<.001\), but the difference was not significant after adjustment for age and sex (\(P=.06\)). Serum triglycerides were also higher in subjects with subclinical hypothyroidism than in euthyroid subjects (mean±SD, 151±124 mg/dL [1.7±1.4 mmol/L] vs 124±89 mg/dL [1.4±1.0 mmol/L]; \(P=.02\)), but the difference was not significant after adjustment for age and sex (\(P=.11\)).
jects with subclinical hypothyroidism (n = 105) were 1.7 (95% CI, 0.9-3.0; P = .09) after adjustment for age and sex and 2.0 (95% CI, 1.1-3.8; P = .03) after adjustment for multiple covariates.

The prevalence of coronary heart disease was not significantly increased among subjects with a serum thyrotropin level in the upper reference range (>2.0 mIU/L) compared with those with a serum thyrotropin level of 0.4 to 2.0 mIU/L. It also did not differ significantly between subjects with positive thyroid antibodies and antibody-negative subjects (data not shown).

LONGITUDINAL ANALYSIS

In 1926 subjects who were free of coronary heart disease at baseline cardiovascular mortality was not significantly increased in any of the groups with thyroid dysfunction (ie, 1890 subjects who were categorized as having subclinical hyperthyroidism, euthyroidism, or subclinical hypothyroidism) (Table 3). In subjects with subclinical hypothyroidism at baseline, the hazard ratio (HR) for death from cardiovascular disease (after adjustment for age and sex) was 1.5 (95% CI, 1.0-2.4; P = .08). The risk of coronary heart disease events (fatal and nonfatal combined) was significantly increased in subjects with subclinical hypothyroidism after adjustment for age and sex (HR, 1.7; 95% CI, 1.2-2.4; P < .01) and after further adjustment for cardiovascular risk factors and self-reported thyroid disease or goiter (HR, 1.8; 95% CI, 1.2-2.7; P < .01) (Table 4 and the Figure). The increased risk associated with subclinical hypothyroidism was apparent in subjects with a serum thyrotropin level of 10.0 mIU/L or less and in those with a serum thyrotropin level greater than 10.0 mIU/L. There was no significant increase in risk of coronary heart disease events in subjects with subclinical hyperthyroidism as a group or in the subgroups with a serum thyrotropin level less than 0.1 mIU/L or a serum thyrotropin level between 0.1 and 0.4 mIU/L.

When subjects with self-reported thyroid disease or goiter at baseline were excluded from the analysis, subjects with subclinical hypothyroidism (n = 90) still had a significantly increased risk of coronary heart disease events (28 events observed and 13 expected; HR after adjustment for age and sex, 1.6; 95% CI, 1.1-2.3; P = .02; and HR after adjustment for multiple covariates, 1.7; 95% CI, 1.1-2.5; P = .02).

The risk of coronary heart disease events in euthyroid subjects with serum thyrotropin levels in the upper reference range (>2.0 mIU/L) (n = 432) did not differ from that in those with serum thyrotropin levels in the lower reference range (≤2.0 mIU/L) (n = 1474) after adjustment for age and sex (age- and sex-adjusted HR, 0.9; 95% CI, 0.7-1.2; P = .70). After adjustment for age and sex, positive thyroid antibodies at baseline were not associated with increased cardiovascular mortality (HR, 1.0; 95% CI, 0.7-1.4; P = .97) or increased risk of coronary heart disease events (HR, 1.3; 95% CI, 0.8-2.0; P = .30) compared with antibody-negative subjects. Among subjects with subclinical hypothyroidism, the risk of coronary heart disease events did not differ significantly between subjects with positive thyroid antibodies (age- and sex-adjusted HR, 0.6; 95% CI, 0.3-1.2; P = .18) compared with antibody-negative subjects.

Table 3. Hazard Ratios for Cardiovascular Mortality in the Longitudinal Analysis of Subjects Free of Coronary Heart Disease at Baseline*

<table>
<thead>
<tr>
<th>Variable</th>
<th>Subclinical Hypothyroid Group (n = 37)</th>
<th>Euthyroid Group (n = 1752)</th>
<th>Subclinical Hypothyroid Group (n = 101)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cardiovascular mortality</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Observed</td>
<td>3</td>
<td>170</td>
<td>21</td>
</tr>
<tr>
<td>Expected</td>
<td>3.6</td>
<td>182</td>
<td>9.5</td>
</tr>
<tr>
<td>Hazard ratio (95% confidence interval)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age and sex adjusted</td>
<td>1.1 (0.3-3.4)</td>
<td>1.0</td>
<td>1.5 (1.0-2.4)</td>
</tr>
<tr>
<td>P value</td>
<td>.89</td>
<td>...</td>
<td>.08</td>
</tr>
<tr>
<td>Further adjusted†</td>
<td>1.0 (0.2-4.3)</td>
<td>1.0</td>
<td>1.5 (0.9-2.5)</td>
</tr>
<tr>
<td>P value</td>
<td>.97</td>
<td>...</td>
<td>.10</td>
</tr>
</tbody>
</table>

*Data are given as number of subjects unless otherwise indicated.
†Adjusted for age, sex, body mass index, smoking status, diabetes mellitus, cholesterol, triglycerides, mean arterial blood pressure, hypertension treatment, exercise, and self-reported thyroid disease or goiter at baseline.

Table 4. Hazard Ratios for Coronary Heart Disease Events (Fatal and Nonfatal) in the Longitudinal Analysis of Subjects Free of Coronary Heart Disease at Baseline*

<table>
<thead>
<tr>
<th>Variable</th>
<th>Subclinical Hypothyroid Group (n = 37)</th>
<th>Euthyroid Group (n = 1752)</th>
<th>Subclinical Hypothyroid Group (n = 101)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coronary heart disease events</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Observed</td>
<td>5</td>
<td>229</td>
<td>33</td>
</tr>
<tr>
<td>Expected</td>
<td>6.0</td>
<td>245.0</td>
<td>14.7</td>
</tr>
<tr>
<td>Hazard ratio (95% confidence interval)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Age and sex adjusted</td>
<td>1.0 (0.4-2.5)</td>
<td>1.0</td>
<td>1.7 (1.2-2.4)</td>
</tr>
<tr>
<td>P value</td>
<td>.79</td>
<td>...</td>
<td>&lt;.01</td>
</tr>
<tr>
<td>Further adjusted†</td>
<td>1.3 (0.6-3.3)</td>
<td>1.0</td>
<td>1.8 (1.2-2.7)</td>
</tr>
<tr>
<td>P value</td>
<td>.51</td>
<td>...</td>
<td>&lt;.01</td>
</tr>
</tbody>
</table>

*Data are given as number of events unless otherwise indicated.
†Adjusted for age, sex, body mass index, smoking status, diabetes mellitus, cholesterol, triglycerides, mean arterial blood pressure, hypertension treatment, exercise, and self-reported thyroid disease or goiter at baseline.
In this community-based study, subclinical hypothyroidism was an independent predictor of coronary heart disease (after adjustment for age and sex) in the cross-sectional and longitudinal analyses. These results are in agreement with previous cross-sectional studies showing an association between subclinical hypothyroidism and coronary heart disease in selected groups, namely, women 55 years or older, Japanese atomic bomb survivors, nursing home residents, men younger than 50 years, and older community-dwelling subjects. Our findings go beyond these studies, first, because we studied an unselected population and, second, because the increased cardiac risk was apparent in the cross-sectional and longitudinal components of our study. To our knowledge, this is the first cohort study to demonstrate an association between subclinical hypothyroidism and coronary heart disease. It is generally recognized that cohort studies provide stronger evidence than cross-sectional studies for a causal association.

Our results differ from those of the longitudinal component of the Rotterdam Study and the cohort study by Parle et al., in which subclinical hypothyroidism was not associated with a significant increase in cardiovascular risk. This is probably explained by the shorter follow-up in those studies (4.6 years in the Rotterdam Study and 10 years in the study by Parle et al., compared with 20 years in our study), because in our Kaplan-Meier plots, the divergence of the disease-free survival curves is most obvious from 10 years onward. Our results appear to differ from those of a 20-year cohort study that reported no association between autoimmune thyroid disease and coronary heart disease. In that study, however, subjects with subclinical hypothyroidism were combined with antibody-positive, euthyroid subjects for analysis and not analyzed as a separate group. Our findings also differ from a cohort study from Japan, in which subclinical hypothyroidism was associated with increased all-cause mortality. In that study, however, the excess mortality was limited to years 3 through 6 of follow-up and was observed only in men, making the data difficult to interpret. In addition, that cohort was highly selected (atomic bomb survivors). Those results and ours differ from a recent cohort study of subjects aged 85 years at baseline in which subclinical hypothyroidism was associated with greater longevity. The reason for this is not clear, but it may be that subclinical hypothyroidism has different implications in very old subjects compared with the general population.

In contrast to the study by Parle et al., we found no evidence of increased cardiovascular risk associated with subclinical hyperthyroidism. This may be because our cohort was younger, with a lower prevalence of subclinical hyperthyroidism and fewer cardiovascular events, than the subjects in the study by Parle et al., who were 60 years or older at baseline.

The strengths of our study include a large sample size, its community-based design (avoiding biases present in studies of smaller selected groups), and the comprehensive follow-up, with only 5% of subjects being lost to follow-up during a 20-year period. Only one previous cohort study (the Whickham Survey) has examined the association between thyroid dysfunction and cardiovascular disease in an unselected community-based sample.

Our study also has weaknesses. First, although participants in the 1981 survey were asked if they had a history of thyroid disease or goiter, details of diagnosis and treatment were not recorded. It is therefore possible that some subjects in the subclinical hyperthyroid group had inadequately treated overt hypothyroidism or overtreated hyperthyroidism. However, excluding subjects with self-reported thyroid disease or goiter at baseline made little difference in the results, suggesting that this is not a major confounder. Second, thyroid function was measured only at baseline, and we have no data on progression or treatment of thyroid dysfunction among the members of the cohort. The natural history of subclinical hypothyroidism is variable; thyroid function normalizes spontaneously in some subjects, whereas it progresses to overt hypothyroidism in others. It is therefore possible that the increase in cardiac events observed in the subclinical hypothyroid group arose not because of subclinical hypothyroidism per se but because of progression to overt hypothyroidism, which is associated with atherosclerosis. This, however, would not explain the association between subclinical hypothyroidism and coronary heart disease in the cross-sectional analysis, and the consistency between the cross-sectional and longitudinal components of our study constitutes strong evidence that subclinical hypothyroidism is indeed a risk factor for coronary heart disease. Third, ascertainment of cardiovascular events was based on population-based linkage of health records rather than on clinical follow-up of the cohort; however, previous findings have shown that diagnostic codes obtained using these methods are reliable. Fourth, although we adjusted for serum total cholesterol concentrations, high-density lipoprotein and low-density lipoprotein cholesterol concentrations were not available and could not be included in the analysis.

A causal relationship between subclinical hypothyroidism and cardiovascular disease is biologically plausible. Subclinical hypothyroidism is associated with hypercholesterolemia and high-density lipoprotein concentrations.

Figure. Kaplan-Meier plots for survival free of coronary heart disease events (fatal or nonfatal) in subjects without coronary heart disease at baseline.
percholesterolemia (although the evidence for this is convincing only for subjects with a serum thyrotropin level $>$10.0 mIU/L$^9$), left ventricular diastolic dysfunc-
tion that is reversible with thyroxine therapy,$^{25-27}$ and im-
paired endothelium-dependent vasodilatation, a marker of athero-
sclerosis.$^{20,28,29}$

Our study is observational, and it does not necessarily fol-
low that treatment of subclinical hypothyroidism will reduce the risk of cardiovascular disease. To dem-
strate such a benefit would require a large clinical trial with a long follow-up period. Until such a trial is con-
ducted, evidence-based management of subclinical hy-
pothyroidism will be based on epidemiological studies such as this and on clinical trials with surrogate cardio-
vascular end points.

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Correspondence: John P. Walsh, MBBS, PhD, Department of Endocrinology and Diabetes, Sir Charles Gir-
der Hospital, Nedlands, Western Australia 6009, Aus-
tralia (john.walsh@health.wa.gov.au).

Author Contributions: Dr Walsh had full access to all the data in this study and takes responsibility for the in-
tegrity of the data and the accuracy of the data analysis.

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ville, New South Wales.

Role of the Sponsor: The sponsor had no role in the design and conduct of this study or in the collection, man-
agement, analysis, or interpretation of the data. The spon-
 sor was invited to review the manuscript before submis-
sion, but approval was not required.

Previous Presentation: This study was presented at the 76th Annual Meeting of the American Thyroid Asso-
ciation; October 1, 2004; Vancouver, British Columbia.

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