

Case Study 2: An Epidemic of Thyrotoxicosis

Adapted from CDC, Epidemiology Program Office, Case Studies in Applied Epidemiology

Part 1

On the afternoon of June 16, 1985, an endocrinologist at the University of South Dakota, Sioux Falls, was examining a patient with recent-onset thyrotoxicosis (manifestations of excess thyroid hormone) when the patient mentioned that there were four other people in his small town with the same problem. The patient was the postmaster of Valley Springs, South Dakota (population 801). Just a few days earlier, the endocrinologist had read an abstract of a CDC investigation describing an epidemic of painless thyroiditis in York County, Nebraska, in early 1984. Although the cause was never determined, the most likely etiology was believed to be viral infection. By speaking with other local physicians, the endocrinologist identified seven other patients with possible thyrotoxicosis. Six of the patients lived in Valley Springs, and two lived in southwest Minnesota. All exhibited classic symptoms of thyrotoxicosis (anxiety, shortness of breath, palpitations, rapid heartbeat, weight loss), and all had markedly elevated thyroxine (T₄) levels. All but one had abnormally low radiiodine thyroid uptakes. The endocrinologist called CDC and provided the EIS Officer with the information summarized in the line listing below.

Table 1. Line listing of patients with clinical thyrotoxicosis reported to CDC on initial telephone call, June 18, 1985

<u>Patient</u>	<u>Age</u>	<u>Sex</u>	<u>Residence</u>	<u>Onset date</u>	<u>Max. T₄*</u>	<u>24-hr. RAIU (%)†</u>
1	53	M	Valley Springs, S.D.	3-84	>20	0.6
2	34	F	Valley Springs, S.D.	5-85	18	17.0
3	57	M	Beaver Creek, S.D.	5-85	22	1.0
4	41	F	Valley Springs, S.D.	5-85	18	2.6
5	76	F	Valley Springs, S.D.	6-85	14	7.8
6	?	M	Luverne, Minn.	6-85	"high"	1.0
7	29	M	Valley Springs, S.D.	?	27	2.2
8	?	M	Luverne, Minn.	?	"high"	"low"

* Normal range = 5-12.

† RAIU - radioactive iodine uptake; normal range = 10%-35%.

Questions

1. If you were the EIS Officer receiving the call, would you be able to say that an epidemic exists?
2. What other kind of information would you want to know?
3. What would you do next?

Answers For An Epidemic Of Thyrotoxicosis

John Barlow Youmans



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Gary Richter, MS, DVM,2017-08-15 As a holistic veterinarian and scientist Dr Gary Richter helps dog and cat owners to navigate the thicket of treatment options and separate the fact from the fiction He wants us to use what actually works not just what Western science or alternative medicine say should work This multifaceted approach to health is known as integrative medicine Dr Richter examines traditional medicine from many cultures alongside modern medical techniques describing the best of complementary care and the best of conventional veterinary medicine Every treatment he recommends has the backing of scientific research or years of successful outcomes in his clinical practice After explaining the treatment he offers specific recommendations for an integrative approach to common diseases including allergies skin conditions diabetes heart disease and cancer A holistic approach to health includes nutrition as it sets up the foundation for your pet s health Dr Richter cuts through the hype in the pet food world and explains how to choose the best commercial foods and supplements and even includes both raw and cooked dog and cat food recipes for general diet as well as to treat specific needs He also explains how we can use the right foods and supplements to hack the body s processes including the immune system Iodophor: Tamed Iodine Paul A.C. Richards,2020-11-09 This book is a follow up to Goitre Monitor The History of

Iodine Deficiency in Tasmania published in 2006 Since that time climate change has played a major role in the delivery and availability of iodine to land masses along with the role of iodophors and the mandatory fortification of bread with iodised salt in Australia and New Zealand over the past 15 years Several academic colleagues have been invited to discuss the status of iodine from the UK NZ and Australian perspective in individual chapters as well as a contribution to the final chapter which discusses What the Future Holds for the delivery and availability of iodine to sustain sufficiency and avoid deficiency of iodine in a changing world

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