

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

Paul A.C. Richards



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100 Answers to 100 Questions about How To Live Longer Janet Maccaro, 2011-12-19 Live Better LONGER In 100 Answers to 100 Questions about How to Live Longer leading natural health expert Dr Janet Maccaro reveals the simple things you can do to extend AND improve your life without drugs and medications You ll find answers to your most important health questions including Which antioxidants will help me live longer Are there natural remedies for my sleepless nights How do I cope with issues beyond my control At the end of our days we all want to have lived a happy healthy life and made a difference 100 Answers to 100 Questions about How to Live Longer will show you how **The Ultimate Pet Health Guide** 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 **Medical Microbiology MCQs** Kumaresan Veliah, 2005-11-01 This book covers about 3500 multiple choice questions from different areas of Medical Microbiology in a simple and lucid style It will be of much use for USMLE step 1 and Postgraduate entrance examinations in USA Canada Australia India UK and other countries It includes nine chapters on medical microbiology **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 **Whole Soy Story** Kaayla T. Daniel, 2005-03-10 A groundbreaking expose that tells the truth about soy that scientists know but that the soy industry has tried to suppress Soy is not a health food does not prevent disease and has not even been proven safe Epidemiological clinical and laboratory

studies link soy to malnutrition digestive problems thyroid dysfunction cognitive decline reproductive disorders even heart disease and cancer

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Williams Textbook of Endocrinology E-Book Shlomo Melmed, Kenneth S. Polonsky, P. Reed Larsen, Henry M. Kronenberg, 2015-11-11 For more than 65 years Williams Textbook of Endocrinology has been the gold standard in the field delivering authoritative guidance on every aspect of adult and pediatric endocrine system disorders The 13th Edition has been thoroughly updated by Drs Shlomo Melmed Kenneth S Polonsky P Reed Larsen and Henry M Kronenberg to bring you state of the art coverage of diabetes metabolic syndrome obesity thyroid disease testicular disorders and much more all designed to help you provide optimal care to every patient Bridging the gap between basic science and clinical information it is an essential relevant resource for endocrinologists endocrine surgeons gynecologists internists and pediatricians any clinician who needs the most reliable coverage available on the diverse features across the spectrum of endocrine disease Obtain a better understanding of both scientific insight and clinical data from the classic reference that delivers the current information you need in a highly illustrated user friendly format Stay up to date with expanded discussions of autoimmune thyroid diseases mechanisms and the appropriate treatment of the ophthalmopathy of Graves disease a new section on the interpretation of fine needle aspiration results in patients with thyroid nodules and new coverage of when and when not to use radioiodine in the treatment of patients with thyroid cancer Update your knowledge and skills with all new chapters on Genetics of Endocrine Disease Endocrinology of Population Health and Laboratory Techniques for Recognition of Endocrine Disorders Confidently manage any clinical endocrinopathy you may encounter thanks to new information on recent FDA approved drugs for pituitary disorders a new focus on pediatrics and new content on diabetes obesity and appetite control Benefit from the expertise of dynamic new contributors

who offer fresh perspectives throughout The National Cancer Program: Overview of program administration United States. Congress. House. Committee on Government Operations. Intergovernmental Relations and Human Resources Subcommittee, 1977 **The Ultimate Thyroid Book** Dr. Beverly Goode-Kanawati, 2022-07-27 Estimates suggest that close to 20 percent of the population in the United States suffers from some sort of thyroid imbalance that's close to sixty million people. Thyroid issues often go undetected as people get treated for seemingly separate health issues that actually stem from the thyroid. In *The Ultimate Thyroid Book* Dr. Beverly Goode Kanawati integrates scientific studies with her personal experiences as an integrative functional medicine practitioner to describe what she calls a thyroid epidemic. Are you a health care professional hoping to learn more about thyroid disorders so that you can better treat your patients? Or do you wonder if your thyroid may be the root cause of some of your health concerns and want to know what questions to ask to get proper testing and effective treatment? Then *The Ultimate Thyroid Book* is for you. Learn more about Hypothyroidism, hyperthyroidism, and Hashimoto's thyroiditis, causes, differences, diagnosis, and treatment. Different thyroid medications and why it matters. How Hashimoto's and Graves disease affect the body. How hypothyroidism can affect children's fertility and pregnancy.

National Conference on Radiation Control, 1976 *A Decade of Progress*, 1979 *The National Cancer Program* United States. Congress. House. Committee on Government Operations. Intergovernmental Relations and Human Resources Subcommittee, 1977 **10th Annual National Conference on Radiation Control**, 1979 **The Breast Cancer Pattern** Dave Frahm, 2012 Did you know these facts about breast cancer? Every 3 minutes someone is diagnosed. Every 12 minutes someone dies from it. One in eight women are now developing it in their lifetime. It can take as many as 20 years for a tumor to grow large enough to be detected via conventional means, i.e., mammography. Mammography renders inaccurate info 60% of the time, 30% false negatives, 30% false positives. Naturopathic doctor and best-selling author of *A Cancer Battle Plan*, Dr. Dave Frahm offers an effective and time-tested battle plan to help turn around the disease process and to prevent it from occurring in the first place. The alarming truth is that most women have no idea they should be asking these three questions: Is there anything I can do to avoid getting breast cancer? How does my starving thyroid kick start the disease process? How can I get my body back in balance if I have been diagnosed with cancer? In *The Breast Cancer Pattern*, Dr. Frahm shares the pattern he identified in clients seeking nutritional counseling after being diagnosed with breast cancer. In this groundbreaking work, you will learn vital answers about how to identify and address compromises in the body. What a weak thyroid has to do with cancer. How to know if your thyroid is weak. The danger of out-of-balance hormones, estrogen dominance, iodine deficiency, and a woman's body. The dangers of mammography. Diet and lifestyle changes that rebuild the immune system. The Fat-Burning Bible Mackie Shilstone, 2007-08-15 One of the most comprehensive nutritional and exercise programs I've ever encountered. This groundbreaking work is sure to be a powerful tool in the hands of anyone wanting to lose excess body fat. From the Foreword by Kathy Smith. Mackie Shilstone is famous for helping world-class athletes and business titans look great.

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Medicine Question-Answer Mr. Rohit Manglik,2024-07-30 A collection of clinically oriented questions and answers for medical students to test their knowledge and prepare for competitive exams

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The Lancet ,1944

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