

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

Julia Schneider



Answers For An Epidemic Of Thyrotoxicosis:

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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

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 licid 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

Medical Medium Thyroid Healing Anthony William, 2017-11-07 Experience the epic truth about your thyroid from the 1 New York Times best selling author of the Medical Medium series Everyone wants to know how to free themselves from the thyroid trap As the thyroid has gotten more and more attention though these symptoms haven't gone away people aren't healing Labeling someone with Hashimoto's hypothyroidism or the like doesn't explain the myriad health issues that person may experience That's because there's a pivotal truth that goes by unnoticed A thyroid problem is not the ultimate reason for a person's illness A problematic thyroid is yet one more symptom of something much larger than this one small gland in the neck It's something much more pervasive in the body something invasive that's responsible for the laundry list of symptoms and conditions attributed to thyroid disease Discover the real reasons and the healing path for dozens of symptoms and conditions including ACHES AND PAINS ANXIETY AND DEPRESSION AUTOIMMUNE DISEASE BRAIN FOG AND FOCUS CANCER EPSTEIN BARR VIRUS PREGNANCY COMPLICATIONS FATIGUE MONONUCLEOSIS FIBROMYALGIA AND CFS HAIR THINNING AND LOSS HASHIMOTO'S THYROIDITIS HEADACHES AND MIGRAINES HEART PALPITATIONS VERTIGO HYPERTHYROIDISM HYPOTHYROIDISM MENOPAUSAL SYMPTOMS MYSTERY WEIGHT GAIN SLEEP DISORDERS TINGLES AND NUMBNESS

The National Cancer Program 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 fertility and pregnancy

The National Cancer Program: Overview of program administration United States. Congress. House. Committee on Government Operations. Intergovernmental Relations and Human Resources Subcommittee, 1977

National Conference on Radiation Control, 1976

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 **A Decade of Progress**, 1979 **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 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 ground breaking 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 body The dangers of mammography Diet and lifestyle changes that rebuild the immune system 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 **The Hormone Link** Margarita Ochoa-Maya MD, 2016-12-21 I wrote this book because I came to a crossroad in my life when I felt that what I had set out to do when I decided to become a

doctor was no longer in agreement with the current medical practice and the health care institution Modern health care in the United States is not winning against disease Health care is extremely expensive and seemingly hard to attain but there is a reason

The Thyroid William L. Green, 1987 This newest addition to the Current Endocrinology series The Thyroid is a complete guide to the management of thyroid diseases The book covers all aspects of the thyroid and its diseases including physiology of the gland and its hormones autoimmune mechanisms thyroid function tests and the effects of illness on thyroid functions The Thyroid also dedicates a chapter to each of the major categories of thyroid disease hyperthyroidism hypothyroidism goiter and thyroid neoplasia This book promises to be a valuable reference for both primary care physicians and practicing endocrinologists who manage thyroid disease

201 Secrets to Healthy Living Siloam Editors, 2011-11-21 Healthy Living Made Easy A reference guide to great health 201 Secrets to Healthy Living gives you the keys to a happy healthy and long life from Siloam's top selling authors These popular and professional doctors and health care providers share their knowledge with easy to access information that will help you live in health and wellness You will discover The telltale heart attack symptoms you may be ignoring How you can double your immunity to colds and flu Natural ways to slow mental aging and increase memory How to avoid obesity and diabetes in just minutes a day Cancer treatments your doctor may not have told you about

The Lancet, 1944 *MCQs in Preventive and Social Medicine* Singh, 2008 The purpose of this book is to guide students in answering MCQs which are a part of examination in various universities postgraduate entrance test and other competitive examinations About the Author GPI Singh Professor and Head Department of Community Medicine Dayanand Medical College and Hospital Ludhiana Punjab India Sarit Sharma is Assistant Professor Department of Community Medicine Dayanand Medical College and Hospital Ludhiana Punjab India

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