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Neonatal TSH screening as an indirect method for the assessment of iodine status in Siberia

Aim: of the research was to estimate the iodine deficiency and the effectiveness of IDD prevention in Central Siberia according the results of neonatal TSH_screening.

Methods: Screening for congenital hypothyroidism used as an indicator of the degree of iodine deficiency and of its control. We analyzed the neonatal TSH values of 34980 infants.

Results: According to the data of the congenital hypothyroidism screening the rate of TSH < 5 mU/1 was 11.8% in Krasnoyarsk territory (23.9% in 2000) and corresponded to mild iodine deficiency. In different regions of Krasnoyarsk territory the rate of TSH < 5 mU/1 in the newborn varied from 3.5% to 23.7%. The highest values were marked in the Taimyr, in Irbeysky, Suchobuzimsky, Eniseysky, Tuchtetsky, Novoselovsky regions, in Zheleznogorsk and Sosnovoborsk city (20.9–23.7%). In the Republic of Khakasia the rate of TSH < 5 mU/1 was 12.2%. In the Republic of Tyva – 6.6% (38.6% in 1997; 11.5% in 2000).It corresponding to mild iodine deficiency.

Conclusion: Our investigations show that in Central Siberia there is mild iodine deficiency demanding continuous adequate iodine prevention.

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