



MESSAGE FROM THE PRESIDENT

Welcome to the Spring issue of the BTA newsletter. As the weather improves and the pandemic allegedly recedes, I can only hope you are feeling positive about the flexibility that the 'new ways of working' have brought us as we go back, more or less, to our old job patterns. With this in mind I'd like to urge you in the strongest terms to come to London on Friday May 20th for the BTA annual meeting. It has been two years since we last met face to face and the executive committee have organised an excellent programme, including a state of the art symposium on thyroid management during pregnancy. To be honest, as well as the scientific programme, I'm mainly looking forward to seeing many of you in person for the first time since 2019. Full details are contained overleaf in the secretary's report: please do register today!

Post-radioiodine management: Lessons from PRAGMA

More than 10,000 people are treated with radioiodine in the UK annually and the number is likely to be rising in response to the 2019 NICE guidance.¹ The majority have Graves' disease. Many of you will have contributed to the excellent PRAGMA collaboration to look at the prevalence of 'dysthyroidism' and other problems in the year following radioiodine administration.² Essentially this was a national audit

encompassing data from more than 800 patients with Graves' disease treated with radioiodine during 2013-2015 at 31 different NHS centres.

Three-quarters of patients received radioiodine as a second-line therapy, a median of 27 months after their Graves' disease was first diagnosed, with the initial treatment being antithyroid drug. Only 15% of people receiving radioiodine as their first choice therapy (as now recommended by NICE since 2019).¹ Activity of radioiodine administered varied by centre with 70% in the 400 to 550MBq range and 9% had previously been treated with one or more doses of radioiodine.

Surprisingly, eighty percent of patients experienced at least one episode of overt hypothyroidism over the year following radioiodine administration, and 27% of patients had more than one set of hypothyroid thyroid function tests. Notably, there were not major differences in patient outcomes if they were pre-emptively treated with levothyroxine, antithyroid drugs or a combination. Only 9% of patients avoided either hypothyroidism or hyperthyroidism. The main factor responsible seems to be that thyroid function tests were inconsistently performed in the first 6 months post-radioiodine. The peak timing of hypothyroidism (60%) was between 13 and 26 weeks and it seems critical that patients

are scheduled for thyroid testing in this interval: that is around 18-20 weeks post-radioiodine, as well as the expected 6, 12 and 24 week timings frequently used. This is a part of thyroid care that we all are involved in and it should be simple to improve. I recommend that you read this excellent paper² and respond appropriately to the issues raised.

Simon Pearce, BTA President

Citations

1. National Institute for Health and Care Excellence. Thyroid disease: assessment and management, <https://www.nice.org.uk/guidance/ng145>.
2. Perros P et al. Post-radioiodine Graves' management: the PRAGMA study. *Clinical Endocrinology (Oxf)* 2022; March 11th. <https://doi.org/10.1111/cen.14719>.

From the Secretary

BTA Annual Meeting 2022

We are delighted that the next Annual BTA Meeting will be held face-to-face at the Royal College of Pathologists (London) on **Friday 20 May 2022**. We have an exciting programme, including George Murray Lecture from Dr Petros Perros, a symposium on thyroid disease in pregnancy, and a series of talks on recent advances in basic thyroidology, thyroid cancer and benign thyroid disorders. I hope welcome many of you there.

There is still time to submit your abstracts for the meeting (Deadline for submission: **Friday 15 April 2022**). The abstract must be a maximum of 300 words and should be structured with subheadings Background & Aims, Methods, Results, and Conclusions. Submit your abstract by emailing to: b.vaidya@exeter.ac.uk. All accepted abstracts will be published in the *Thyroid Research* journal and there are prizes for the best oral and poster presentations.

There are 6 travel grants (£200 each) available for trainees with accepted abstracts presenting at the meeting. Apply by emailing to: b.vaidya@exeter.ac.uk.

Deadline for registration: **Friday 6 May 2022**.

BTA Trainee Day 2022

The next BTA trainees' meeting (VIRTUAL) will be held on **Friday 13 May 2022**.

The programme includes bite-sized masterclass lectures on drugs & thyroid dysfunction, subclinical hyperthyroidism, and thyroidectomy as well as case-presentations from trainees. This event is FREE to attend. Deadline for registration: **10 May 2022**.

I would like to encourage trainee colleagues to submit cases for presentation. The abstract must be a maximum of 300 words and include a short summary of the case with learning points/points for discussion. Submit your abstract by emailing to: laura.lane@newcastle.ac.uk by **Friday 15 April 2022**. There are prizes for the two best-case presentations.

Please visit the BTA website for further information and to register for both the above meetings: <https://www.british-thyroid-association.org/dont-miss>

Bijay Vaidya, BTA Secretary
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Update from the British Thyroid Foundation

BTF Research Award 2022

Applications are now open for our annual research award. We are delighted to offer a £20,000 award for a two-year research study into thyroid disorders. The closing date for your application is midnight on 30 April 2022.

The BTF has offered an award every year since 1997 and we are pleased to be able to offer an award once again to support the improved understanding of thyroid disease and to improve treatment for patients. <https://bit.ly/3sipA6A>

BTF webinars for patients

Our series of 'Meet the Expert' webinars are continuing this year and enable us to engage with increasing numbers of patients and professionals who want to know more about thyroid disorders. Upcoming events include:

- Monday 28 March 'The diagnosis and treatment of hyperthyroidism'

(speakers Dr Earn Gan, Newcastle and Miss Sheila Fraser, Leeds)

- Wednesday 22 June 'Diagnosis and management of thyroid disorders in children and young people' (Dr Tim Cheetham, Newcastle and Dr James Law, Nottingham)

All previous webinars are available to watch on the BTF YouTube channel.

<https://www.youtube.com/user/BTFthyroid>

Patient leaflets now available in Mandarin

To add to our collection of translated leaflets which are already in Arabic, Urdu and Polish we're can now offer versions in Mandarin. Please share these with your patients who would like to access our information in these formats. Many thanks to Dr Earn Gan who reviewed the translations for accuracy.

<https://bit.ly/3J8BczS>

Julia Priestley & Cheryl McMullan, BTF

FUTURE MEETINGS (relevant links on BTA website)

- British Thyroid Association Annual Meeting, London, UK, 20 May 2022
- European Congress of Endocrinology, Milan, Italy, 21-24 May 2022
- Endocrine Society Annual Meeting (ENDO2022), Atlanta, USA, 11-14 June 2022
- European Thyroid Association, Brussels, Belgium, 10-13 September 2022
- British Association of Endocrine & Thyroid Surgeons Annual Meeting, Bournemouth, UK, 6-7 October 2022
- American Thyroid Association, Montreal, Canada, 19-23 October 2022
- British Endocrine Societies Meeting, Harrogate, UK, 14-16 November 2022