

Decreased Radioactive Iodine Uptake (RAIU)

Down-arrow Radioactive-guy Uptaking

With a radioiodine uptake study, there is decreased uptake (<5%) in those with subacute thyroiditis. This is due to follicular cell damage being unable to take up the iodine. Also, as TSH secretion is initially suppressed during the thyrotoxicosis phase, this also impacts iodine uptake. Radioiodine uptake normalizes once TSH levels begin to rise during the hypothyroid phase.

Multinucleated Giant Cells

Nuclear Giant-shell

On histology, granulomatous inflammation along with multinucleated giant cells is hallmark.

Management

Beta Blockers

Beta-fish with Blocks

In the thyrotoxic phase of subacute thyroiditis, beta-blockers can control the symptoms of hyperthyroidism (e.g. palpitations or anxiety).

NSAIDs

N-sad

NSAIDs are helpful for pain management.

Avoid Antithyroid Drugs

Avoid-sign Ant-tie-thigh-droid Pill-bottle

Antithyroid drugs (e.g. methimazole) are contraindicated and should not be administered during the thyrotoxic phase of subacute thyroiditis. As the thyroid tries to recover its follicular cells, ATDs can actually inhibit thyroid hormone synthesis.