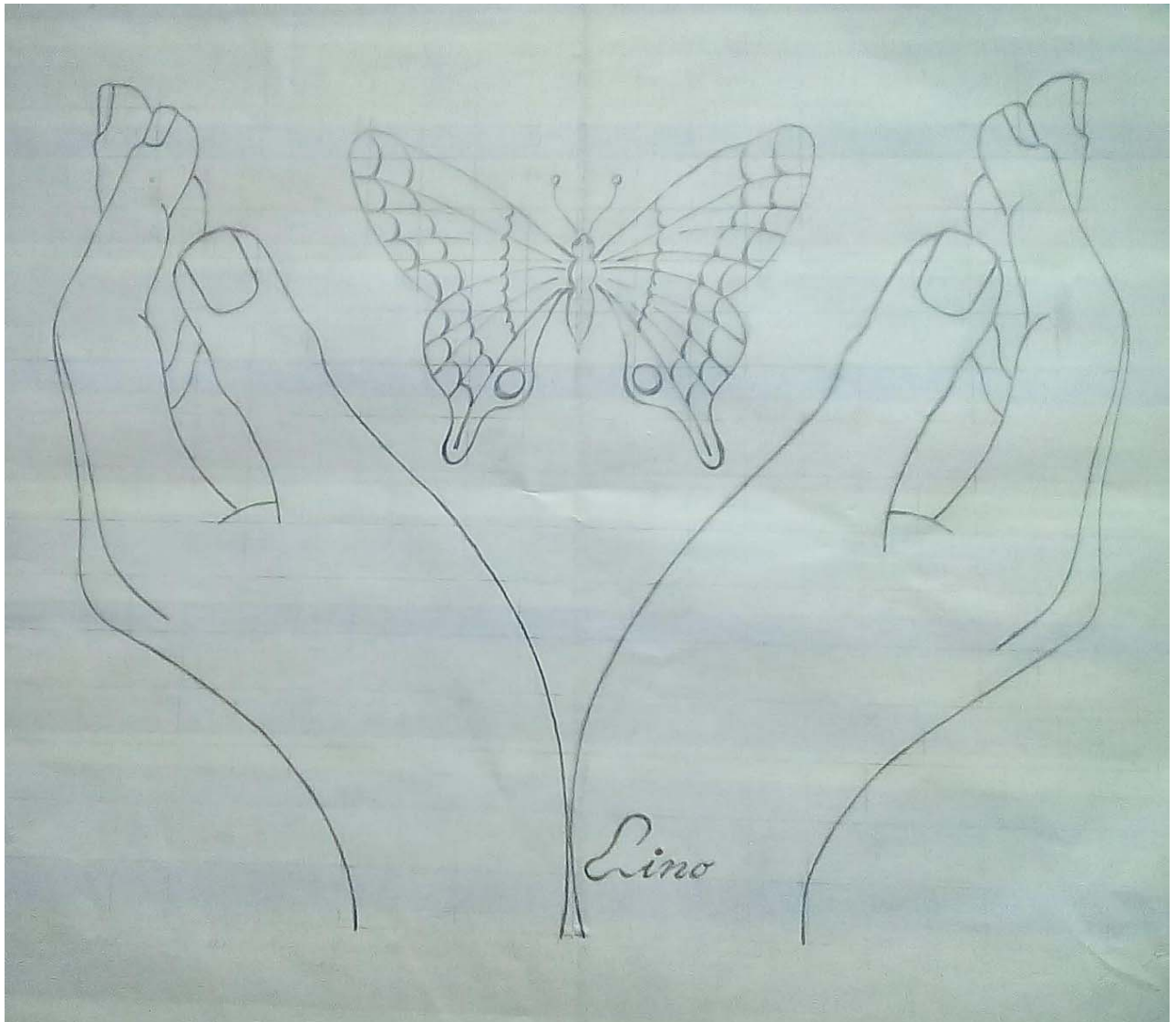


# INTERNATIONAL JOURNAL OF MEDICAL AND NURSING APPROACH (IJMNA)

Volume 6 (issue 1)

December 2023

MEDICAL AND NURSING



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**SAFETY AND EFFECTIVENESS OF TIROSINT IN PATIENTS WITH**

# **HYPOTHYROIDISM: MEDICAL AND BREASTWARMING ASPECTS.**

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**KEY-WORDS:** HYPOTHYROIDISM, HRV, NEUROVEGETATIVE SYSTEM, nursing approach.

## **ABSTRACT**

**AIM:** .The aim of our study is to evaluate the cardiovascular efficacy and safety of Tirosint® in the treatment of secondary hypothyroidism. **MATERIALS and METHODS:** 13 subjects affected by secondary hypothyroidism were enrolled in our study. All enrolled subjects, over age 50, voluntarily agreed to undergo hypothyroidism screening and outpatient follow-up using a non-invasive method based on the evaluation of neurovegetative tone by means of a study of heart rate variability on electrocardiographic recording digital lasting 250 beats. All patients were asked for informed consent to carry out the screening procedure and to process personal data. Following the blood evaluation of TSH, the patients enrolled in the study underwent digital electrocardiographic evaluation of the duration of 250 beats with a 5-lead Medixai electrocardiograph. **RESULTS:** the data analysis revealed a statistically significant variation in the TSH value after 1 month of therapy with Tirosint®, confirming the efficacy of the therapy. No statistically significant changes were observed in the parameters relating to the neurovegetative autonomic nervous system (LF, HF and LF/HF ratio). **DISCUSSION:** From the data in the table it emerges that therapy with Tirosint® causes a statistically significant reduction in the TSH values indicative of a correction of the thyroid disease without any statistically significant variation in the RR interval and in the parameters relating to neurovegetative activity. **CONCLUSION:** The pilot study we carried out allowed us to exclude the possibility of an increase in cardiovascular risk in patients undergoing treatment with Tirosint®, given the absence of statistically significant changes in heart rate and parameters relating to neurovegetative function. **Limitation of the study:** the current size of the sample under examination is not sufficient to carry out a reliable evaluation that can be extended to the entire population.

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