



A STUDY ON THE INCIDENCE OF CONGENITAL HYPOTHYROIDISM IN NEONATES IN A TERTIARY HEALTH CARE HOSPITAL IN CHENNAI

Dr. P. Gunasundari MD DCH Associate Professor

Dr. Dinesh Kumar. S* MBBS *Corresponding Author

Dr. A. Kiran MBBS

Dr. S. Karan Kumar MBBS

KEYWORDS :

INTRODUCTION :

This retrospective study was done to estimate the prevalence of Congenital Hypothyroidism (CH) among new born babies born in ACS Medical College and Hospital. Data were collected from the case sheets in Medical record Department. The prevalence of CH in new born was 1 in 5000 live births with no gender difference.

The incidence of CH was previously reported as 1: 3500 [1]. Female new borns are twice commonly affected than male newborns. Thyroid Screening test should be done for new born babies before presenting with overt clinical symptoms.

CH is one of the most common preventable cause of intellectual disability [2]. The prevalence CH generally has no relationship with maternal Hypothyroid state or treatment with Thyroxine [6]. Screening programs for congenital hypothyroidism have been developed in many countries [3].

Maternal thyroxine may mask clinical features of hypothyroidism in a neonate [1]. There is physiological surge in TSH in the first 48 hours of life because of cooling, cord clamping, stress of birth. [1]. Hence screening done using either cord TSH or heel prick TSH after 72 hours of life to avoid a false positive screen. [1]. Blood samples collected on filter paper from new borns and tested for both TSH & T4 which are more sensitive. [4]. The prevalence of hypothyroidism among new borns for the observation period 2016 to 2019 was 1:1 in both male and female with no gender difference.

Symptoms include [5]

- Decreased activity
- Large anterior fontanelle
- Poor feeding and weight gain
- Small stature or poor growth
- Jaundice
- Hoarse cry
- Hypotonia

Often infants are described as "Good babies" because they rarely cry and sleep mostly. [6]. Signs include

- Coarse Facial Features
- Macroglossia
- Umbilical Hernia
- Mottled, cool and dry skin
- Developmental delay
- Pallor

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