

Subacute thyroiditis

Subacute thyroiditis (De Quervain's, granulomatous, giant cell thyroiditis) is a relatively common inflammation of the thyroid gland, occurring more in women. Unlike acute thyroiditis (which has bacterial etiopathogenesis), subacute is most often caused by **viruses**. The disease often begins immediately or very shortly after a viral infection of the upper respiratory tract.

Clinical picture

We find these symptoms:

- **painful swelling** in the thyroid gland that can shoot into the jaw and ear,
- general symptoms (fatigue, subfebrile),
- symptoms of transient destructive hyperthyroidism (when a large part of the parenchyma is affected) - palpitations, sweating, nervousness.

Diagnostics

The basis for diagnosis is the clinical picture of the patient. In the laboratory, we find increased sedimentation and slightly increased CRP. In transient hyperfunction, there is a decrease in TSH and an increase in free-T4. Ultrasound and FNAB are used for imaging methods.

Therapy

Treatment consists of **anti-inflammatory drugs**: the first choice is non-steroidal anti-inflammatory drugs, if the problems do not subside, we give corticoids. Subacute thyroiditis, which affects a large part of the gland volume, can progress to hypothyroidism, then we indicate thyroxine.

Prognosis

Most patients are curable, 10% of patients turn into permanent hypothyroidism.

Links

Related articles

- Acute thyreoiditis
- Chronic (autoimmune) thyroiditis
- Inflammation of the thyroid gland

Literature

- ČEŠKA, Richard – ŠTULC, Tomáš, et al. *Interna*. 2. edition. 2015. pp. 909. ISBN 978-80-7387-895-5.