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• 外刊拾贝 •

2. 胺碘酮所致甲状腺疾病的临床表现及个体化治疗推荐

胺碘酮是一种Ⅲ类抗心律失常药物,按重量计碘含量为37%,其结构与甲状腺激素相似。一方面,胺碘酮脱碘释放大碘,可损害甲状腺功能,导致易感个体(约20%)出现甲状腺功能减退或甲状腺功能亢进。另一方面,胺碘酮(或其代谢物去乙基胺碘酮)本身也可能通过对甲状腺细胞的直接细胞毒性而引起甲状腺功能障碍。在刚刚发表的 *JCEM*

杂志中 Ylli 等对胺碘酮引起的甲状腺疾病的流行病学和病理生理学进行了综述,并重点介绍了不同胺碘酮相关甲状腺疾病的临床表现,并对个性化治疗给出了建议。

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