

Lupus and Antiphospholipid Syndrome – Heightened Risk of Autoimmune Thyroid Disease?

Concise Report

► [Antithyroid antibodies in antiphospholipid syndrome: prevalence and clinical associations.](#)

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What is the subject of this study?

Hashimoto's thyroiditis (also autoimmune thyroid disease) can occur together with other autoimmune diseases, including antiphospholipid syndrome (APS). Hashimoto's thyroiditis is serologically characterized by the occurrence of antibodies against thyroglobulin (anti-TG) and thyroid peroxidase (anti-TPO). Clinically, it manifests as hypothyroidism. Antiphospholipid syndrome, which may also emerge secondary to lupus, involves antibodies against proteins that regulate blood clotting. This results in vascular thromboses that can affect all organs and tissues.

Why was this study carried out?

Systematic studies about the occurrence of Hashimoto's thyroiditis and APS together are lacking. This retrospective study should clarify what relationship exists between the incidence of Hashimoto's thyroiditis and antiphospholipid syndrome.

Who were the participants?

The study included 75 APS patients; 35 of these demonstrated symptoms of lupus in addition to antiphospholipid syndrome (APS-SLE). The two control groups consisted of 75 SLE patients and 75 healthy individuals. The blood of all study participants was tested for antibodies against thyroglobulin (anti-TG) and antibodies against thyroid peroxidase (anti-TPO).

What were the results?

Neither APS nor SLE patients had anti-TPO or anti-TG antibodies in their blood more frequently than healthy individuals. If APS and lupus symptoms were both present, both anti-TPO and anti-TG antibodies were detected significantly more often. APS patients whose blood contained detectable amounts of anti-TG and anti-TPO antibodies had in the past demonstrated neurological symptoms of the disease (headaches, epilepsy, migraines...) four times as often as APS patients without the antibodies.

What do the study results tell us?

The authors acknowledge that the number of people in the study is insufficient for a truly reliable result. However, they consider the results of this retrospective study to be a very strong indicator that SLE-APS patients have an increased risk of Hashimoto's thyroiditis.

In addition, they suggest that APS patients with neurological manifestations should be tested for anti-TPO and anti-TG antibodies to allow for early detection and treatment of possible autoimmune thyroid disease. 🇩🇪