



Maternal Iodine Supplementation: Clinical Trials and Assessment of Outcomes

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PRESENTATION ABSTRACT

Cohort Studies of Maternal Thyroid Status

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Abstract

Maternal and fetal hypothyroidism can certainly occur as a result of iodine deficiency during pregnancy. Even transient or mild maternal thyroid dysfunction has been linked to untoward pregnancy outcomes and impaired neurodevelopment in offspring. Although there are several large cohort studies of maternal thyroid function, many have allegedly been done in iodine-sufficient areas. Unfortunately, few have directly evaluated maternal iodine status. Although the impact of severe maternal iodine deficiency on outcomes seems certain, the effects of milder degrees of deficiency are less clear. The effect of mild-to-moderate iodine deficiency on pregnancy and offspring outcomes and the potential benefits of iodine supplementation during pregnancy using previous or ongoing cohort studies should be investigated.

References

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