

Medication Adherence in Hypothyroidie Patients



MEDICATION ADHERENCE

WHAT IS IT ABOUT?

It is the extent to which a patient's behaviour corresponds with the prescribed medication dosing regime, including time, dosing and interval of medication intake.^{1,2}



WHY IS IT IMPORTANT?

Especially in **chronic conditions** with long-term therapies, **adherence is important to achieve target outcomes.**¹

More adherence means:²

lower
hospitalization **risk**

lower complications
related to the disease

more safety and efficacy
related to the treatment

WHICH FACTORS CAN IT BE INFLUENCED BY?



Social and economic
factors¹



Disease-related
factors¹



Therapy-related
factors¹



Patient-related
factors¹



Health care
system-related
factors¹

MEDICATION ADHERENCE IN HYPOTHYROID PATIENTS



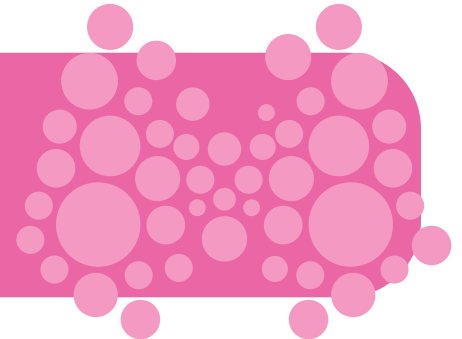
WHAT IS LEVOTHYROXINE?

Levothyroxine is a reliable and commonly prescribed drug to treat thyroid disease.³

WHY IS MEDICATION ADHERENCE IMPORTANT IN HYPOTHYROID PATIENTS?

The aim of the therapy is **to resolve symptoms and signs of hypothyroidism** and it is typically required for the rest of the patient's life.^{3,4}

Subjects who do not comply with levothyroxine therapy requirements are more likely to show variability in TSH (Thyroid Stimulating Hormone) concentrations and consequent unwanted effects such as worsening of disease.^{4,5}



WHICH ARE THE MAIN FACTORS REQUIRED FOR OPTIMAL ADMINISTRATION OF LEVOTHYROXINE?



Fasting⁶



To be taken in the morning unless otherwise indicated by your doctor^{5,6}



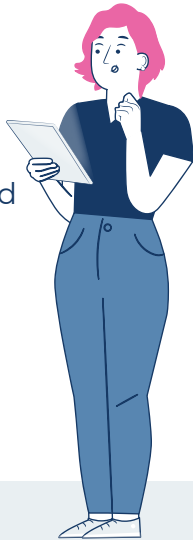
Abstinence from eating or drinking for 30 minutes postingestion⁶

Therefore, non-adherence is a common problem among patients with thyroid disorders.⁴

I HAVE HYPOTHYROIDISM AND I TAKE LEVOTHYROXINE:

HOW CAN I IMPROVE MY MEDICATION ADHERENCE?

Knowing more about the disease and the medication to better understand the effectiveness of prescribed medication can minimize nonadherence.^{7,8}



Having regular endocrinologist and general practitioner visits and talk to him/her to address the main issues (what, why, when, how and how long) you might have.^{7,9}



Using medication adherence improving aids such as calendars or schedules that specify the time to take medications.⁹



Many commonly used drugs and supplements can interfere with the correct absorption of levothyroxine. Always remember to report to your doctor which drugs or supplements you are taking.¹⁰

References

1. Gast A and Mathes T. *Systematic Reviews* (2019) ; 8:112; 2. Aderenza alle terapie e strategie per migliorare l'uso sicuro ed efficace dei farmaci (Observance thérapeutique et stratégies pour une utilisation plus sûre et efficace des médicaments) (<https://www.aifa.gov.it/en/-/aderenza-alle-terapie-e-strategie-per-migliorare-l-uso-sicuro-ed-efficace-dei-farmaci> - Dernier accès février 2022) ;
3. Cappelli C et al. *Frontiers in Endocrinology* (2018) ;9 ; 4. Saranya D et al. *World Journal of Pharmaceutical Research* (2016) ; 5(11) : 1573-1584 ; 5. Cappelli C et al. *Thyroid* (2016) ; 26(2) : 197 ; 6. Nagy EV et al. *Thyroid* (2021) ; 31(2) : 193 ; 7. Kumar R and Shaukat F. *Cureus* (2019) ;11(5) : e4624 ; 8. Basim P et al. *Head & Neck*. (2021) ; 43 : 428–437 ; 9. Jimmy B and Jose J. *Oman Medical Journal* (2011) ; 26(3) : 155-159 ; 10. Liwanpo L and Hershman JM. *Best Pract Clin Endocrinol Metab* (2009) ; 23(6) : 781-92