

Medication Adherence in Hypothyroid 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



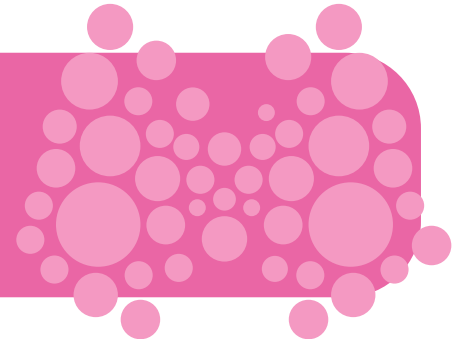
WHAT IS LEVOTHYROXINE?

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

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