



www.mi.gov/newbornscreening

Michigan Resources & Support

Children's Special Health Care Services

Family Phone Line
Toll-free: 1-800-359-3722

Early On® Michigan

Toll-free: 1-800-EARLY ON
www.1800earlyon.org

Michigan Genetics Connection

www.migeneticsconnection.org

Michigan Newborn Screening

Follow-up Coordinator
Toll-free: 1-866-673-9939
E-mail: MDCH-newbornscreening@michigan.gov

Michigan NBS Parent Liaison

Toll-free: 1-866-673-9939
E-mail: NBS-parent@michigan.gov

University of Michigan Health System - Pediatric Endocrinology

Phone: 734-764-5175

National Resources & Support

Family Village

www.familyvillage.wisc.edu

GeneReviews

www.genetests.org

The MAGIC Foundation

www.magicfoundation.org/www/docs/114.5

What is Congenital Hypothyroidism?

Congenital hypothyroidism is a thyroid disorder present at birth. The disorder occurs when a baby's thyroid gland does not make enough of the hormone, thyroxine. This hormone is needed for normal growth and good health. Congenital hypothyroidism occurs in about 1 in 1,900 Michigan newborns. Without treatment mental retardation and poor growth may result.

How may Congenital Hypothyroidism affect my child?

Signs of congenital hypothyroidism in a newborn may be very subtle. Some babies do not develop signs until they are a few months old. Signs of congenital hypothyroidism in a newborn include:

- Feeding problems
- Lethargy (Lack of energy)
- Jaundice (Yellowing of skin or whites of eyes)
- Constipation
- Larger protruding tongue
- Cold mottled skin
- Sluggish reflexes

How does Congenital Hypothyroidism occur?

Congenital hypothyroidism is usually sporadic, meaning it occurs by chance in a child. Sometimes a specific cause for a child's congenital hypothyroidism can be found such as:

- Absent or small thyroid gland
- A thyroid hormone abnormality
- A rare genetic (inherited) form
- Maternal medication use (rare)

The following medical professionals may be able to help find a cause for your child's congenital hypothyroidism:

- Endocrinologist
- Clinical Geneticist
- Pediatrician

How is Congenital Hypothyroidism treated?

Immediate diagnosis and treatment for a baby with congenital hypothyroidism are needed in the newborn period. Treatment with thyroid hormone is usually effective if started in the first few weeks of a baby's life. The hormone is given in a tablet form that will need to be crushed in formula or breast milk. The tablet should not be mixed with soy formula or formula with iron. Regular monitoring and care by your endocrinologist and pediatrician are required to ensure your baby's good health, growth, and development.

For more information contact the Newborn Screening Program toll-free at 1-866-673-9939 or e-mail NBS-Parent@michigan.gov

Supported in part by project #5 H91MC00215-03-00 as a Special Project of Regional and National Significance (SPRANS), Title V (as amended), Social Security Act, administered by the Maternal and Child Health Bureau, Health Resources and Services Administration, United States Department of Health and Human Services.