

THEA Score Thyroid Risk Calculator Assessment

The Thyroid Events Amsterdam (THEA) Score is based on the study “Prediction of progression to overt hypothyroidism or hyperthyroidism in female relatives of patients with autoimmune thyroid disease using the Thyroid Events Amsterdam (THEA) score” (Strieder, 2008). It is used to evaluate patient risk of progressing to hypothyroidism or hyperthyroidism within the next five years.

Patients can visit kresserinstitute.com/tools to have their score automatically calculated.

PRINTED FORM INSTRUCTIONS

1. Have patients fill out the THEA Score printable patient questionnaire.
2. For each marker, enter the corresponding value in the “Score” column below.
3. Add up the total score.
4. See the score interpretation below.

Answer	Value	Score
TSH (mIU/L)		
< 0.4	2	
0.4-2.0	0	
> 2.0-4.0	2	
> 4.0-5.7	4	
> 5.7	6	
TPO (IU/mL)		
≤ 100	0	
> 100-1,000	4	
> 1,000-10,000	8	
> 10,000	12	
Family Background		
Graves’ - Yes	1	
Hashimoto - Yes	3	
TOTAL		

SCORE INTERPRETATION

Score	5-Year Risk
0-7	Low
8-10	Medium. Patient should be screened annually with a full thyroid panel with TSH, T4, T3, free T4, free T3, reverse T3, and thyroid antibodies.
11-15	High. Most studies suggest treatment is warranted. Address underlying causes.
16-21	Very high. Most studies suggest treatment is warranted. Address underlying causes.

For more information, see <http://www.ncbi.nlm.nih.gov/pubmed/18695079>.