



**Proceeding**

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# Neonatal Thyrotropineamia as Indicator of Iodine Status

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## Introduction

Iodine deficiency is a major public health problem throughout Africa. The WHO classified Sudan as a country of moderate iodine deficiency.

## Objective

We undertook a descriptive cross-sectional hospital-based study to assess the adequacy of iodine status in central Sudan (kosti -locality) using cord thyroid stimulating hormone (TSH).

## Methods

Between December 2011 to May 2012, 309 newborns were screened by measuring TSH from umbilical cord. Those with TSH

more than 10mIU/ml were recalled for measurement of TSH and T4 from venous sample.

## Results

37.5% has serum TSH levels >10mIU/L which indicate moderate iodine deficiency. The mean TSH level was 10.648-8.05 std, and no case of hypothyroidism was detected.

## Conclusion

Based on this result there has been some improvement as this area as it has been previously classified as severe iodine deficiency; however Iodine deficiency still constitute a public health problem in this locality.



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