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Short Stature Due to Subclinical Hypothyroidism with Sublingual Ectopic Thyroid: Case Report

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Introduction

Subclinical hypothyroidism can be associated with short stature. Ectopic thyroid is a rare condition among patients with hypothyroidism.

Case Report

We present an 11.5 year old girl who was referred to the pediatric endocrinology clinic for exploration and management of short stature. On clinical examination, her weight was 27kg (3rd percentile) and her height: 127cm (-3SD) for a target height of 161.5cm. Pubertal stage was Tanner stage 1 with a delayed bone age of 8.5 years. Examination of her mouth revealed an enlargement of the posterior base of the tongue by a firm, midline mass. The patient did not have headaches, visual disturbances, dysmorphic features or clinical evidence of any other associated anomaly. The Karyotype was 46, XX. Investigations showed normal free T4 levels; 9.51pmol/l (8.02-24.5) with raised TSH level; 14.35µUI/ml (0.2-4), normal IGF1; 150ng/ml and negative celiac disease serology. There was no thyroid visualized on ultrasound examination; however thyroid scintigraphy and CT scan revealed the presence of a sublingual ectopic thyroid gland. Levothyroxine therapy was initiated with clinical improvement. At the age of 16 years she was on a levothyroxine dose of 2.4 µg/kg/day, with normal free T4 and TSH levels, weight 41.5kg (3rd percentile) with evidence of catch up in height which was 152.5 cm (-1.8SD) for a Tanner stage of IV.

Conclusion

Patients with short stature should be evaluated for subclinical hypothyroidism in addition to other potential causes. Levothyroxine treatment significantly improved our patient's height.