



Abstract

Hashimoto's thyroiditis, a chronic autoimmune disease, has a significant impact on patients' quality of life. Despite standard treatment with levothyroxine, adjusted according to T4 and TSH levels, patients face persistent challenges when autoimmune markers are not controlled and there are no lifestyle changes. This research highlights the crucial role of Lifestyle Medicine in the effective management of Hashimoto's thyroiditis, going beyond the use of medications. This study aims to promote personalized interventions to manage symptoms and improve prognosis. After a comprehensive literature review, it became clear that regular physical activity not only improves symptoms but also the quality of life for patients with Hashimoto's thyroiditis, providing cognitive and emotional benefits. Stress reduction strategies such as mindfulness have the potential to decrease anxiety and depression, as well as modulate the autoimmune response. Quality of sleep directly affects physical and cognitive symptoms. Additionally, strong social support, including support groups, is crucial for enhancing mental health.

Introduction

Hashimoto's thyroiditis is characterized by chronic autoimmune inflammation of the thyroid gland, affecting approximately 5% of the adult population. Associated symptoms such as fatigue, mental confusion, weight gain, edema, muscle and joint pains, depression, and anxiety significantly impact patients' quality of life. The diagnosis is confirmed by the presence of high levels of thyroid peroxidase antibodies (ANTI-TPO), which vary throughout life, and the prognosis is directly influenced by diagnostic and therapeutic effectiveness. The current standard treatment involves hormonal replacement with levothyroxine, adjusted based on T4 and TSH tests. Despite treatment, patients face health challenges. Given its high prevalence and impact on quality of life, Lifestyle Medicine offers an innovative perspective. Focusing on physical activity, stress reduction, adequate sleep, and social connections, this promising approach aims to improve the prognosis and quality of life for patients, providing multifaceted solutions for managing the condition.

Methods

This literature review analyzed Lifestyle Medicine interventions in Hashimoto's thyroiditis, utilizing databases such as PubMed, Google Scholar, and Scopus to find relevant studies published in the last 10 years. After selection and critical analysis, the review highlighted the effectiveness of these interventions and identified gaps for future research.

Results

Regular physical activity improves symptoms and quality of life, including cognitive and emotional benefits. Stress reduction strategies, such as mindfulness, reduce anxiety and depression, as well as modulate the autoimmune response. Furthermore, interventions to improve sleep quality also increase energy and well-being. Strong social support is crucial, enhancing lifestyle habits and resilience through support groups. Thus, Lifestyle Medicine plays a vital role in managing Hashimoto's thyroiditis.



Conclusion

This study highlights the importance of a holistic approach in the treatment of Hashimoto's thyroiditis, going beyond medication. Healthcare professionals should integrate these Lifestyle Medicine interventions into care, optimizing clinical outcomes and quality of life. Additionally, further research is needed to understand the underlying mechanisms of these interventions and develop customized protocols to meet the specific needs of each patient. Therefore, Lifestyle Medicine plays a vital role in the effective management of Hashimoto's thyroiditis, offering new perspectives and enriching the clinical approach to this condition.

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