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Hashimoto thyroiditis

Thyroidite d'Ashimoto

1. Systematic Reviews and Meta-Analysis

1.1. Generic Acupuncture

Wang X, Li Y, Xie H, Dai Z, Ma L, Zhu X, Zhan T. Effect of acupuncture on Hashimoto thyroiditis: A systematic review and meta-analysis. *Medicine (Baltimore)*. 2024 Mar 1;103(9):e37326.

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Background	Hashimoto thyroiditis (HT) is a common autoimmune thyroid disease for which there is no specific treatment. Oral levothyroxine sodium tablets significantly improved thyroid function but did not promote a reduction in thyroid-related antibody concentrations. Acupuncture can improve clinical symptoms and thyroid function in HT patients, reduce serum TPOAb and TGAb levels in HT patients, and improve patients' quality of life.
Methods	We conducted a systematic review and meta-analysis to evaluate the effect of acupuncture versus levothyroxine sodium tablets on Hashimoto thyroiditis. We searched Web of Science, Embase, China National Knowledge Infrastructure, WanFang, VIP, SinoMed and the Cochrane Central Registry of Controlled Trials to identify candidate randomized controlled trials (RCTs).
Results	A total of 1020 patients participated in 14 randomized controlled trials . The results of meta-analysis showed that acupuncture regulated TPOAb content (mean difference [MD] = -63.18, 95%CI = -91.73 to -34.62, $P < .00001$), TGAb content (MD = -68.56, 95%CI = -101.55 to -35.57, $P < .00001$), serum free triiodothyronine (FT3) content (MD = 0.74, 95%CI = 0.20 to 1.27, $P < .00001$), serum free thyroxine (FT4) content (MD = 1.10, 95%CI = 0.29 to 1.92, $P < .00001$), TSH content (MD = -2.16, 95%CI = -3.14 to -1.19, $P < .00001$) had a significant effect.
Conclusion	Compared with levothyroxine sodium tablets alone, acupuncture can significantly regulate the contents of TPOAb, TGAb, FT3, FT4 and TSH.

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