

Accepted Manuscript

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PII: S1734-1140(17)30443-7
DOI: <http://dx.doi.org/doi:10.1016/j.pharep.2017.07.019>
Reference: PHAREP 772

To appear in:

Received date: 26-6-2017
Revised date: 19-7-2017
Accepted date: 25-7-2017

Please cite this article as: Robert Krysiak, Witold Szkróbka, Bogusław Okopień, Moderate-dose simvastatin therapy potentiates the effect of vitamin D on thyroid autoimmunity in levothyroxine-treated women with Hashimoto's thyroiditis and vitamin D insufficiency (2010), <http://dx.doi.org/10.1016/j.pharep.2017.07.019>

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Moderate-dose simvastatin therapy potentiates the effect of vitamin D on thyroid autoimmunity in levothyroxine-treated women with Hashimoto's thyroiditis and vitamin D insufficiency

Running title: Simvastatin, vitamin D and thyroiditis

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Word count: 2396

Number of tables: 2, **number of figures:** 0; **number of references:** 37

Abstract

Background: Vitamin D preparations reduce titers of thyroid antibodies in women with autoimmune thyroiditis. The same effect was induced by high-dose, but not moderate-dose-, statin therapy. No previous study has investigated the impact of concomitant treatment with a statin and vitamin D on thyroid autoimmunity.

Methods: The study included three matched groups of women with Hashimoto's thyroiditis and low vitamin D status. Groups B (n=19) and C (n=20) were treated with vitamin D (2000 IU daily). Because of coexistent hypercholesterolemia, groups A (n=18) and B received simvastatin (40 mg daily). Plasma lipids, serum levels of thyrotropin, free thyroid hormones and 25-hydroxyvitamin D, as well as titers of thyroid peroxidase and thyroglobulin antibodies were measured at the beginning of the study and 6 months later.

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