

# Thyroid Diseases in Pregnancy

Fereidoun Azizi • Fahimeh Ramezani Tehrani  
Editors

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 Springer

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# Preface

Pregnancy is a critical time for women, during which large physiological changes occur. Today, it has been found that the effects of fetal programming extend beyond fetal development, and thus, impaired prenatal programming has a profound effect on the emergence of the majority of chronic diseases that threaten human life.

Thyroid disorders are one of the most common endocrine abnormalities during pregnancy. Over the last two decades, the link between maternal thyroid dysfunction during pregnancy and adverse pregnancy outcomes, as well as the long-term health consequences, has been a subject of considerable interest. Given the importance of thyroid hormones for normal pregnancy and fetal development, understanding changes in thyroid function and the consequences of thyroid disease during pregnancy is very crucial. Overt thyroid disorders are linked to a variety of short- and long-term adverse impacts on maternal and fetal health. The majority of these complications can be avoided when diagnosed and treated early enough. Whether maternal subclinical hypothyroidism has adverse effects on pregnancy or the subsequent neuropsychological development of their offspring still remains uncertain.

For the purpose of authoring this book, we made a concerted effort to enlist the contribution of experts in the field of thyroid and pregnancy. In this regard, we wish to express our deep gratitude to Dr. Fatemeh Mahboobifard for having been the administrative manager of this book. Her role was designed to invite and get approval from expert scholars in the field of thyroid and pregnancy, implement regular project-in-progress administrative activities, and provide project updates on our behalf to reduce our workload. In addition, we are highly grateful to Ms. Smitha Diveshan, as the Project Coordinator of this book, who made the manuscript development process more efficient.

We hope that the information in this book will be helpful for physicians in the diagnosis and effective management of thyroid disease in pregnant women in order to promote the health of the mother, fetus, and infant.

Tehran, Iran

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