

Predictive factors of long-term fatigue in patients with differentiated thyroid cancer

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Conclusions

Several variables predict long-term fatigue in differentiated thyroid cancer (DTC) patients. Short-term fatigue remains a significant predictor of long-term fatigue even when adjusting for other variables.

These results emphasize the value of early fatigue assessment post-treatment to identify patients that may benefit from intervention.

Background

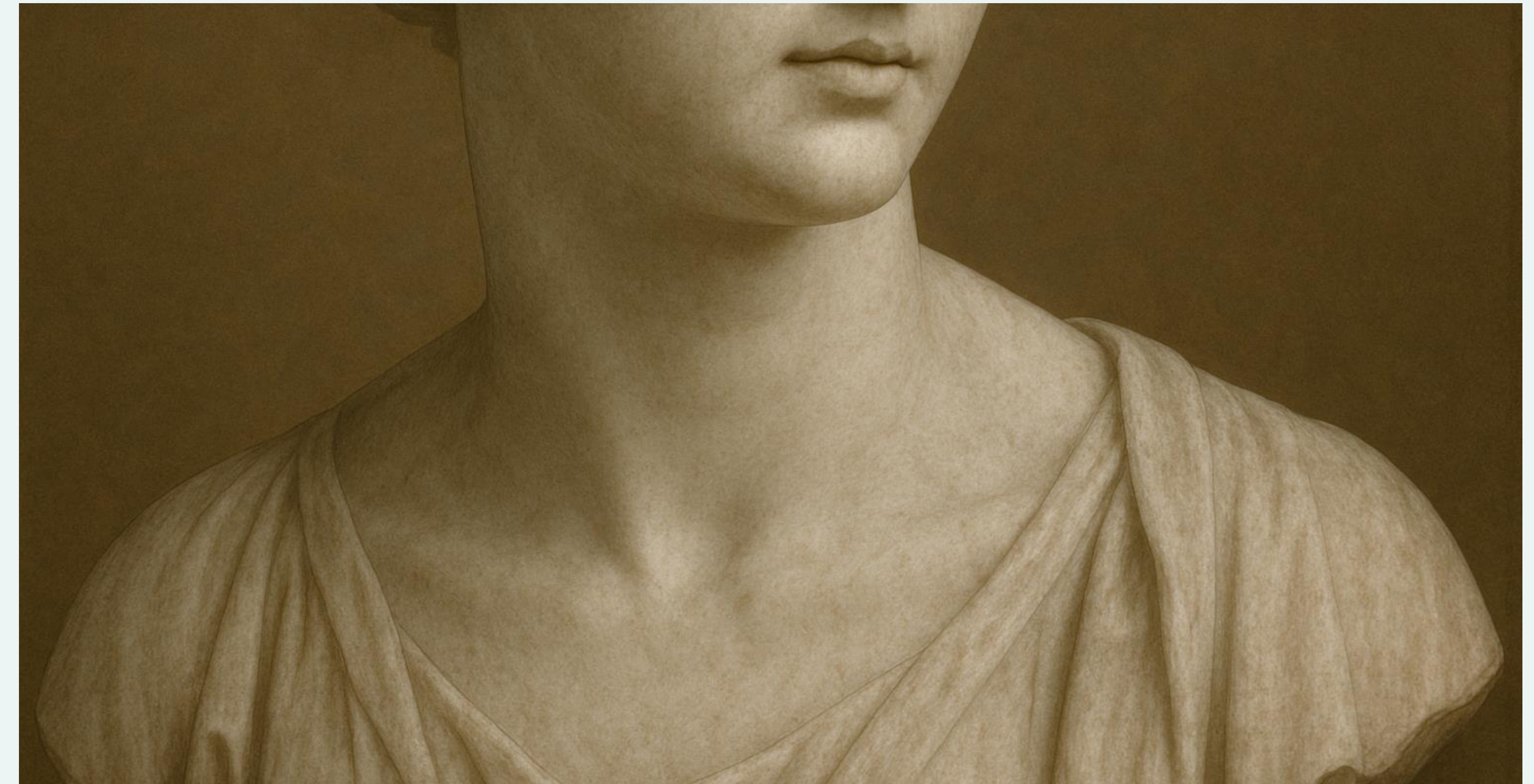
Fatigue is a common and distressing symptom in patients with DTC, negatively affecting quality of life.

Aims

- To identify predictive factors of long-term fatigue in DTC patients.
- To investigate the association between TSH suppression and fatigue.

Methods

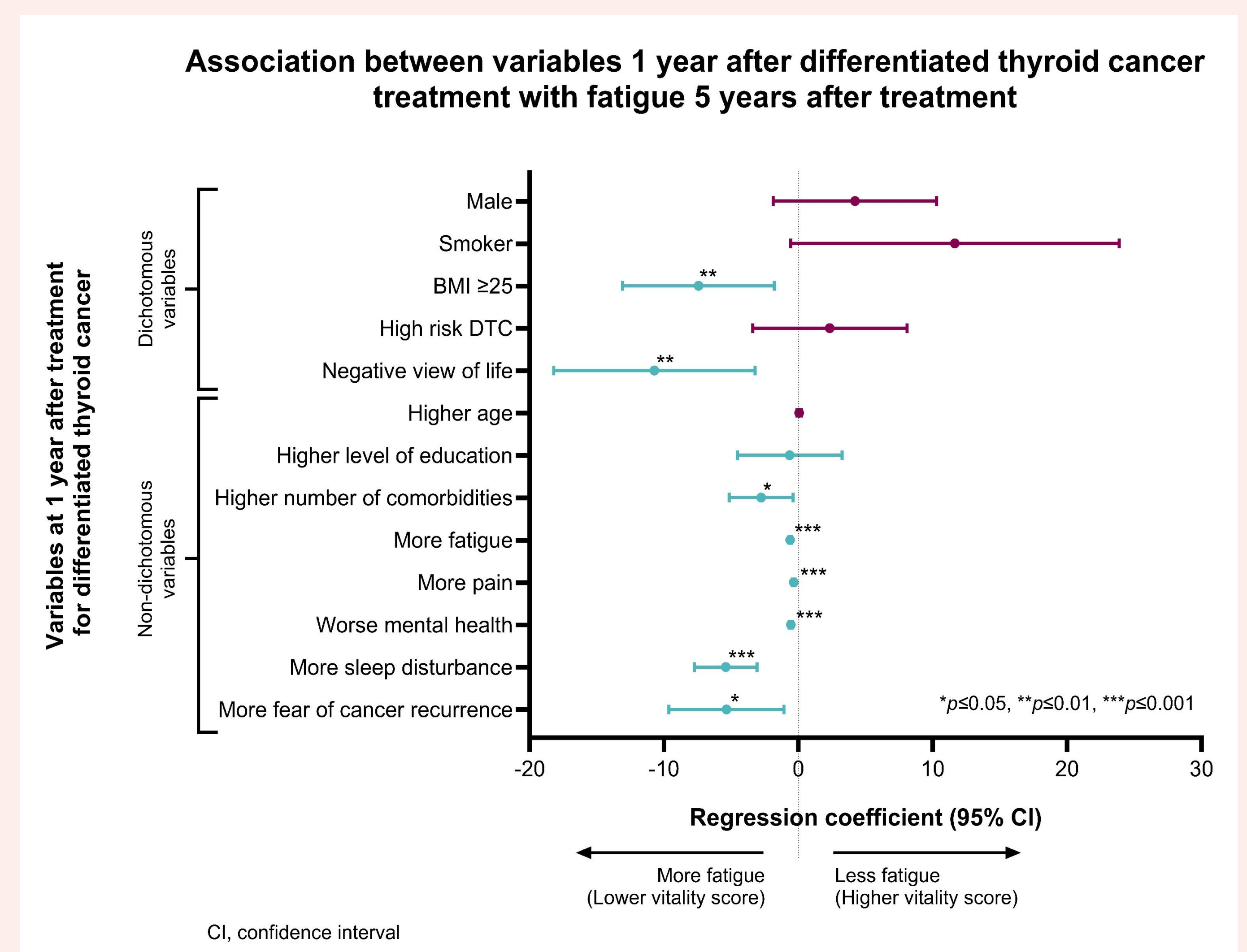
- Nationwide, prospective cohort study.
- 351 DTC patients included between 2012 and 2017 in Sweden.
- 5 year follow-up.
- DTC patients treated with total thyroidectomy and planned for radioiodine.
- Answered the Short Form-36 Health Survey and a study-specific questionnaire at treatment and after 1, 3 and 5 years.
- Vitality subscale of the Short Form-36 Health Survey used as a measure of fatigue.
- TSH values obtained from medical records.



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Results

1. Using simple linear regression, several individual variables were found to predict long-term fatigue in DTC patients.



2. In multivariable linear regression, fatigue at year 1 remained a significant predictor of fatigue at year 5 ($\beta=0,66$, $p<0,001$).
3. Using linear mixed models, there was no significant association between TSH and fatigue ($p=0,147$).



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