

# Gluten Free Diet in Hashimoto's Hypothyroidism

NCT07060118

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	The Cleveland Clinic
<b>Enrollment</b>	50 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Diagnosis of Hashimoto's thyroiditis
- Self-perception of reduced quality of life since diagnosis as determined by a ThyPRO score greater than or equal to 35 (higher score suggests lower quality-of-life) based on prior studies reporting of average score in individuals with symptomatic hypothyroidism.
- Hypothyroidism requiring use of thyroid hormone replacement  $\geq 6$  months prior initiation of study
- Thyroid hormone levels (TSH, Free T4 and Free T3 as available) within the normal reference range within 3 months of the study initiation
- Anti-TPO AB greater than or equal to 500 IU/mL and/or Anti-Tg AB greater than or equal to 50 IU/mL at any point in medical history

### Exclusion (6)

- Prior surgical intervention on thyroid
- Prior Celiac Disease diagnosis or symptoms which are highly suggestive of undiagnosed Celiac Disease (i.e. chronic diarrhea, blood in stool, unintentional weight loss, family history, etc). In the case of the latter, patients will be directed to speak with their physician to consider screening before being considered for enrollment into the study.
- Pregnancy
- Use of gluten-free diet within prior 6 months
- Active malignancy undergoing treatment
- ... and 1 more (see full listing online)

## Locations (1 total)

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Cleveland Clinic, Cleveland, Ohio, United States