IODINE SUPPLEMENTATION IN WOMEN DURING PRECONCEPTION, PREGNANCY, AND LACTATION: CURRENT CLINICAL PRACTICE BY AMERICAN OBSTETRICIANS AND MIDWIVES

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INTRODUCTION

- Iodine deficiency is considered the most common cause of preventable mental impairment throughout the world.

- In US, the iodine status of pregnant women is mildly deficient.¹

- The Endocrine Society², the American Thyroid Association³, the Teratology Society⁴, and the American Academy of Pediatrics⁵ recommend that women receive prenatal vitamins containing 150 µg of iodine daily during preconception, pregnancy, and lactation.
AIM OF THE STUDY

The aim of the study was to evaluate awareness of iodine nutrition and current practice patterns among American obstetricians and midwives.

METHODS

Obstetrician members of the American Medical Association (AMA) and midwife members of the American College of Nurse-Midwives (ACNM) were invited to participate in a web-based survey.
RESULTS

474 respondents participated:

- 199 midwives (189 answered all the questions) and

- 275 obstetricians (256 answered all the questions)
RESULTS

Iodine status of US pregnant women
(correct answer: mild deficiency)
RESULTS

Usefulness of iodine supplementation

<table>
<thead>
<tr>
<th></th>
<th>Midwives</th>
<th>Obstetricians</th>
<th>Women Planning Pregnancy</th>
<th>Pregnant Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not useful</td>
<td>37.6%</td>
<td>41.4%</td>
<td>37.6%</td>
<td>28.9%</td>
</tr>
<tr>
<td>Slightly useful</td>
<td>35.6%</td>
<td>28.6%</td>
<td>36.6%</td>
<td>31.2%</td>
</tr>
<tr>
<td>Very useful</td>
<td>26.8%</td>
<td>30.1%</td>
<td>25.8%</td>
<td>28.6%</td>
</tr>
</tbody>
</table>

Is Iodine deficiency in pregnant women harmful for the fetus?

<table>
<thead>
<tr>
<th></th>
<th>Obstetricians</th>
<th>Midwives</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>67.2%</td>
<td>68.2%</td>
</tr>
<tr>
<td>NO</td>
<td>10.6%</td>
<td>6.3%</td>
</tr>
<tr>
<td>NOT SURE</td>
<td>22.3%</td>
<td>25.5%</td>
</tr>
</tbody>
</table>
RESULTS

Frequency of recommendations of iodine-containing prenatal multivitamins

- **Women Planning Pregnancy**
  - Obstetricians: 68.4% never or rarely, 70.2% always or often
  - Midwives: 65.8% never or rarely, 67.1% always or often

- **Pregnant Women**
  - Obstetricians: 65.8% never or rarely, 67.1% always or often
  - Midwives: 65.8% never or rarely, 67.1% always or often

- **Lactating Women**
  - Obstetricians: 68.4% never or rarely, 71.7% always or often
  - Midwives: 68.4% never or rarely, 71.7% always or often
RESULTS

Daily iodine dose recommended, by those who recommend iodine (correct recommendation: 150 µg/day)
CONCLUSION

The majority of obstetricians and midwives do not recommend or recommend an inadequate dose of iodine-containing vitamins in women planning pregnancy, pregnant, and lactating.

Our finding suggests that education of both groups is needed to protect at-risk women and their offspring.
REFERENCES


