

THE MEDIAN URINARY IODINE IS LOW IN AMERICAN PREGNANT WOMEN. WHY HAVE WE NOT IMPROVED IODINE INTAKE IN THIS VULNERABLE POPULATION?

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individual as compared to the IOM recommended RDA of 220 µg/day. Of concern is that more than half of the women surveyed had a urinary iodine less than 150 µg/L, which is clearly lower than the RDA. I am concerned that despite the widely publicized need for adequate iodine intake in vulnerable populations such as pregnant women, we have not made much headway in eradicating inadequate iodine intake in this group. For your patients who are planning to become or are pregnant, it is important that their prenatal vitamin contain iodine. The vast majority of prenatal vitamins that contain iodine will have 150 µg

per daily dose, which combined with a dietary sources is likely to be adequate. But note that only 51% of prenatal vitamins contain iodine (4), and it is critical that you or your patient check the nutrition label to confirm that her prenatal vitamin contains iodine. This recommendation concurs with the 2006 statement from the American Thyroid Association that women receive 150-µg iodine supplements daily during pregnancy and lactation and that all prenatal vitamin/mineral preparations contain 150 µg of iodine (5).

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References

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