



ADVANCING THYROID DISEASE MANAGEMENT: BRIDGING GAPS WITH EXPERT INSIGHT

Tuesday 16 June 2026



VIDEO INTERVIEW: MEET THE EXPERT

Use of levothyroxine preparations in monotherapy to optimize the treatment of hypothyroidism



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REGISTRATION IS FREE OF CHARGE

OVERVIEW

Sodium levothyroxine (LT4) is the mainstay of hypothyroidism treatment, and it is widely used worldwide. Nonetheless, the narrow therapeutic index and the several variables potentially influencing its pharmacological properties, including patients features and external interfering factors, such as food or drugs, often result in under- or over-treatment affecting clinical outcomes and patients' quality of life. In this regard, the European Thyroid Association has recently released Evidence Based recommendations to guide clinicians to optimize the use of LT4 for the treatment of hypothyroidism.

LEARNING OBJECTIVES

- Understand the potential barriers in the 'real life' utilization of levothyroxine preparations to treat hypothyroidism and learn how to break down barriers
- Disseminate the most recent Evidence-Based Medicine (EBM) related to the use of levothyroxine preparations to treat hypothyroidism

TARGET AUDIENCE

Endocrinologists, Internal Medicine Specialists and General Practitioners

LANGUAGE

English with Chinese and Spanish subtitles



CONTINUING MEDICAL EDUCATION

The Video Interview: Meet the Expert has been submitted for CME accreditation by the European Accreditation Council of Continuing Medical Education (EACCME)

CME PROVIDER

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Ernesto Maddaloni

Declared receipt of grants/research supports from Medtronic

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Salman Razvi

Declared receipt of honoraria or consultation fees from Merck KGaA, Berlin Chemie



INTERVIEWER

ERNESTO MADDALONI

Ernesto Maddaloni is currently Associate Professor of Endocrinology and Diabetes at Sapienza University of Rome, Italy. He gained his MD, clinical specialty in Endocrinology and Diabetes and PhD in “Integrated Biomedical Sciences and Bioethics” at Campus Bio-Medico University of Rome. He has joined the Vascular Cell Biology Section of the Joslin Diabetes Center (Harvard Medical School) for a Post-Doctoral Research Fellowship in 2014 and the Diabetes Trial Unit of the University of Oxford in 2017 as a mentee of the European Foundation for the Study of Diabetes (EFSD) Future Leaders Mentorship Program, to actively pursuing his studies on clinical diabetes, cardiovascular outcomes and novel diabetes complications. His research interests focus on the study of adults with autoimmune diabetes and the interplay between vascular complications, bone health and autoimmunity. After the Sars-CoV2 infection outbreak, he has contributed also with original articles evaluating the strict relationship between diabetes and related comorbidities with Covid-19.

Dr Maddaloni has been a study investigator and coordinator for several national and international clinical trials and has published as lead author in several top-ranked peer-reviewed international medical journals. His scientific achievements have been recognized with several awards, including the 2015 Albert Renold Fellowship from the European Foundation for the Study of Diabetes, the 2017 (under 32) and 2021 (under 35) Young Investigator Awards from the Italian Society of Endocrinology (SIE), the 2017 Early Investigator Award from the Endocrine Society (USA) and the 2020 Young (under 35) Investigator Award from the Italian Society of Diabetes (SID).




FACULTY

SALMAN RAZVI

Dr Razvi is a Senior Lecturer in Endocrinology at Newcastle University and a Consultant Endocrinologist at Queen Elizabeth Hospital. His doctoral thesis was based on assessing cardiovascular risk in subclinical hypothyroidism. After this, he has continued to pursue research evaluating the action of thyroid hormones, particularly on the cardiovascular system. The focus of his research has been on investigating the association of thyroid function with cardiovascular events in various populations. He is the chief investigator of several projects funded by various statutory funding bodies as well as charities.

He has more than 130 peer-reviewed publications and book chapters mainly relating to thyroid dysfunction. His main research programmes include investigating the treatment of subclinical hypothyroidism with thyroid hormones in acute myocardial infarction and age-appropriate treatment of hypothyroidism in the elderly. Dr Razvi is also the Director of Research and Development at the Queen Elizabeth Hospital NHS Trust, Gateshead and the Metabolic and Endocrine Lead for the North East England Local Clinical Research Network.

He is an Associate Editor of the European Journal of Endocrinology, and a member of the editorial boards of JCEM, Thyroid, Frontiers in Endocrinology and Journal of Endocrinological Investigations. In addition, Dr Razvi is a Treasurer of the European Thyroid Association, Programme Organising Committee of the British Society for Endocrinology and the medical advisor to the patient-led charity the British Thyroid Foundation.



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