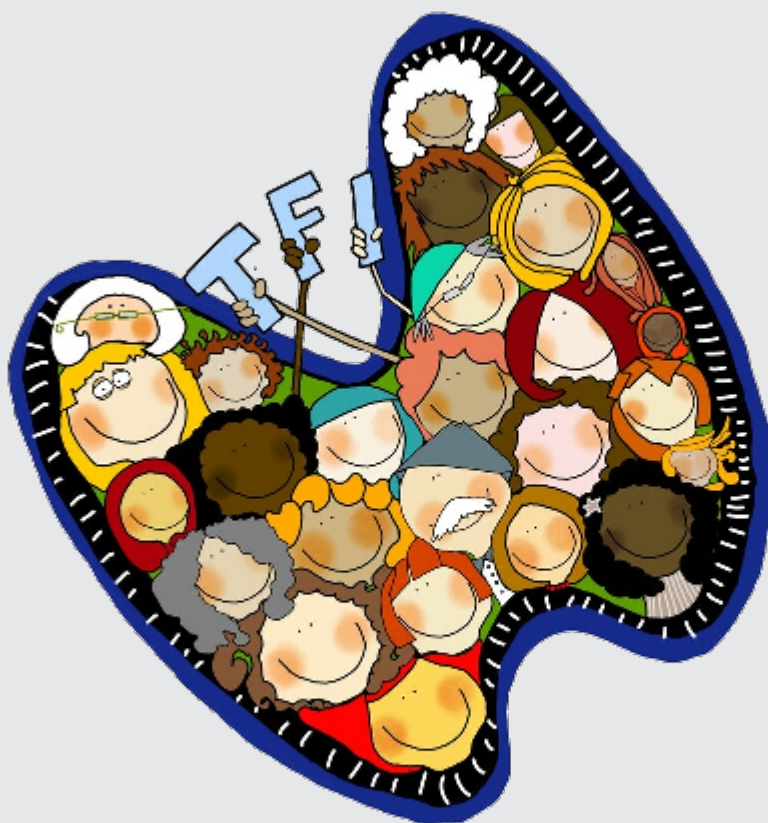


Thyroid Federation International



ELISA PACINI

April 2025 Newsletter

Thyroid Federation International

2024-2025 Board of Directors

President

Ashok Bhaseen (Canada)

Vice President

Linda Henderson (Spain)

Secretary

Beate Bartès (France)

Treasurer

Giulia Giombolini (Italy)

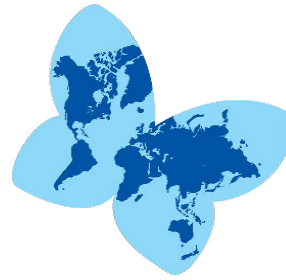
Members at Large:

Roko Granić (Croatia)

Nancy Patterson (USA)

Anna Bokor, Communications Director
(Hungary)

Katherine Keen, Administrative Coordinator
(Canada)



www.thyroid-federation.org

#TFI #ThyroidFederationInternational #mission
#ITAW #ITAW2024 #thyroid #thyroidpatients





TFI ANNUAL GENERAL MEETING

June 16-17, 2025

**Hotel Laghetto Rio Barra
Rio de Janeiro**



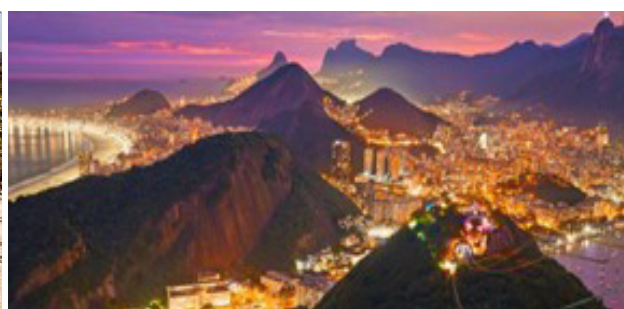
TFI will be holding its next Annual General Meeting (AGM) in Rio de Janeiro! We are planning to host a special event on the 16th of June to commemorate the last 30 years of Thyroid Federation International. This will include a special anniversary edition of ThyroWorld.

Once again, this AGM will be a “hybrid” event, with members from all around the world attending either on site or online. Please make time, depending on your time zone to connect. We invite our members to present their organizations and their activities during the past year. We also look forward to presentations from medical professionals and pharmaceutical companies. The TFI board will present the yearly activity report, the financial report, the TFI projects and activities.

Please send your presentations to: katherine.keen@thyroid-federation.org

TFI will have a booth at the International Thyroid Congress (ITC) and, as every year, it will be a great occasion to connect and discuss with the members of TFI as well as medical professionals all over the world.

We look forward!



Call for articles



ThyroWorld

The next TFI ThyroWorld will be distributed during the ITC meeting. Please send your articles to the Editorial Board: tfi@thyroid-federation.org

Deadline: 30 April 2025

2025 INTERNATIONAL THYROID AWARENESS WEEK WORLD THYROID DAY

May 25th-31st



thyroidweek.org

This year's theme: **Thyroid and Artificial Intelligence**



DID
YOU
KNOW?

Gabriella Morreale de Escobar (7 April 1930 – 4 December 2017) was an Italian-born Spanish chemist who specialised in the thyroid. She and her husband Francisco Escobar del Rey [es] showed that thyroid hormones cross the placenta during pregnancy and are essential for fetal brain development.

She established a national newborn screening program for congenital hypothyroidism in Spain and helped to introduce iodized salt to prevent thyroid problems caused by iodine deficiency.

Morreale was a co-founder of the European Thyroid Association and served as its president from 1978 to 1980.



Look What We've Been Doing...

IODINE COALITION EUROPE BRUSSELS, MARCH 26, 2025

Linda Henderson, TFI Vice President, and Anna Bokor, TFI Communications Director, attended the Iodine Coalition Europe Breakfast Event at the European Parliament.

Policymakers, nutrition and public health experts, food and salt industry representatives met for a high-level breakfast session to tackle iodine deficiency in Europe and ensure that all Europeans have access to adequate iodine nutrition.

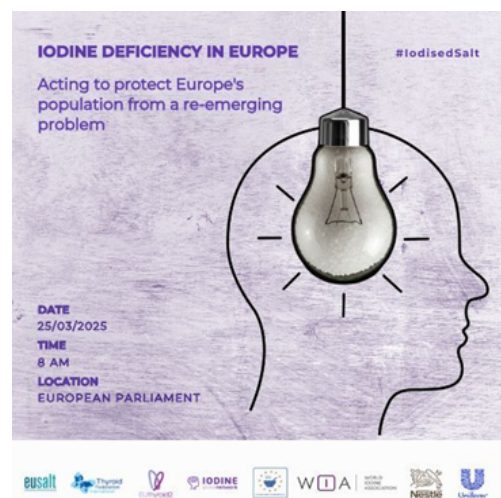


From left to right:
Alessandra D'Arcangelo, Julia
Menendez Lada,
Anna Bokor,
Joyce Greene,
Attilio Caligiani,
Urs Hofmeier,
Michael Durst

In front:
Linda Henderson,
Adriana Nosewicz

Key messages from the event:

- Iodine deficiency remains a public health issue (partially due to changing diets) —iodized salt is a simple, effective solution
- Clear labelling regulations and regulatory alignment are needed to ensure consumer access
- Collaboration between industry and policymakers is essential to tackle this issue across all EU Member States



GLOBAL TED PATIENT COUNCIL MUNICH, APRIL 2025

Living with Thyroid Eye Disease (TED) can feel isolating, but connecting with others who truly understand makes all the difference. Grateful to join the Global Thyroid Eye Disease (TED) Patient Advocacy Council meeting, hosted by Amgen*, to share experiences, learn from fellow patients, and advocate for better awareness and support.

Thyroid Eye Disease affects more than just vision - it impacts daily life in ways many don't see. At the Global Thyroid Eye Disease (TED) Patient Advocacy Council meeting, hosted by Amgen, Beate Bartès joined other patients to share their journeys, advocate for change, and ensure no one faces TED alone.



WORLD SOCIETY OF OPHTHALMIC PLASTIC RECONSTRUCTIVE & AESTHETIC SURGERY ISTANBUL, APRIL 10-13, 2025



Roko Granić,
Member-at-Large
with Tugba Canturk

New TFI leaflet on
Thyroid Eye Disease



SOME POSTS FROM OUR SOCIAL MEDIA

Hashimoto's disease

WHAT YOU SEE

Fatigue
Puffy face
Brain fog
Hair loss
Weight gain

WHAT'S UNDERNEATH

Inflammation
Gut issues

Elevated antibodies
Genetics
Nutrient deficiencies



The diagram shows an iceberg floating in water. The part above the water represents 'WHAT YOU SEE' (symptoms), and the part below the water represents 'WHAT'S UNDERNEATH' (underlying causes). The TFI logo is at the bottom left.

World Hormone Day

“

Thyroid Federation International (TFI) supports World Hormone Day and works to increase knowledge and awareness of hormone health. TFI is committed to work with the EU and stakeholders to promote hormone health.

”



Ashok Bhaseen,
President, TFI




“

Up to 25% of people living beyond their cancer have difficulty accessing financial services due to a past cancer diagnosis. Cancer survivors must be protected from discrimination.

”

Beate Bartès, TFI Secretary



We proudly announce that a **new member organization, AMT-CI,** from the Ivory Coast, has joined TFI.

 >>>

 **World Hormone Day**
Because Hormones Matter
24 April 2025

**TFI supports the first-ever
WORLD HORMONE DAY
24 April 2025**





 **World Hormone Day**
Because Hormones Matter
24 April 2025

 Puffy face

 Hair loss

 Difficulty losing weight

 Fertility issues

 Low energy

 Weight gain

 Dry skin

 Low mood

 Cold hands and feet

 Muscle pain

 Menstrual irregularities

Can it be your thyroid?

Signs of low thyroid function



FROM OUR MEMBERS

TASI, NIGERIA



Adopt-a-Patient Scheme

Due to the overwhelming number of thyroid patients requiring financial assistance, TASI launched the Adopt-a-Patient Scheme.

This initiative enables charitable individuals, corporate organizations, and philanthropists to sponsor the treatment and surgeries of underprivileged patients.

This program remains a cornerstone of our impact, ensuring that more patients receive the care they need even in the absence of external grants.



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TFI PROJECTS



TFI is a partner of Euthyroid2 consortium and leader of work package 5 responsible for Communications and dissemination of results.

TFI along with partners in work package 5, work package 2, and the involvement of regional partners created materials for the both ambulatory care and educational study arms.

The interventions in the ambulatory care setting will take place in 5 study regions: Norway, the United Kingdom, Bangladesh, Pakistan, and Poland.

The interventions in the educational setting will take place in 6 study regions: the Republic of Cyprus, the United Kingdom, Bangladesh, Pakistan, Slovenia, and Germany.

With the help of these interventions, the project will aim to increase knowledge of iodine nutrition among young people, and improve their iodine status in order to lay the foundation for their own thyroid and general health and that of their offspring.



Iodine Coalition Europe is a partnership dedicated to ensuring adequate iodine nutrition. Our joint goal is to achieve sustainable prevention of iodine deficiency in Europe. The Coalition includes iodine nutrition experts, representatives of the salt and broader food and iodine industries, and research and patient organizations.

We work to address, prevent, and control the ongoing issue of iodine deficiency. We aim to promote salt iodization including the use of iodized salt in processed foods and address the obstacles hindering its full implementation. We aim to ensure an EU policy framework that harmonises rules on iodized salt and food fortification.

By working together with stakeholders, we can ensure that all Europeans have access to this essential nutrient and prevent the negative consequences of iodine deficiency.

TFI PROJECTS



MotherBabyIodine

MotherBabyIodine



Convierte el yodo en inteligencia!



Turn iodine into intelligence!

Iodine is essential:

- for growth and the brain development of the baby
- for the optimal functioning of the thyroid gland in pregnant women and babies

MotherBabyIodine



Lo iodio, il nutrimento essenziale per la mente!

The MotherBabyIodine project aims to bring attention to the importance of iodine for health, and the extent and consequences of Iodine Deficiency Disorders (IDD) in pregnant women and women of childbearing age (12-50) that continue to affect both developed economies and countries in development.

Adequate daily iodine intake is essential for women planning to have a child, during pregnancy, and the lactation period. Pregnant women need more iodine intake than other people because of increased maternal thyroid hormone synthesis and iodine transfer to the fetus. Adequate iodine nutrition is crucial for the growth and the brain development of the fetus.

It is important to include iodine-rich foods in the diet, but it is not easy to have sufficient iodine intake from the diet. Universal Salt Iodization (USI) is recommended as the main strategy to eliminate iodine deficiency disorders (IDD), yet, iodized salt is not available in all countries. Efforts should focus on expanding iodization programs to reach the continuing large number of people who remain unprotected from IDD. Improvements in iodine status will result in major health benefits. The prevention of having children born with a lower IQ due to maternal iodine deficiency would be the main contributor to the overall health impact.

The new MotherBabyIodine brochure is now in Spanish and Italian.

For more information regarding TFI's projects, please contact Anna or Linda:

anna.bokor@thyroid-federation.org linda.henderson@thyroid-federation.org

UPCOMING CONFERENCES -TFI PARTICIPATION



Istanbul
April 2025



Cairo
April 2025



Copenhagen, May 2025

TFI 2024-2025 BOARD OF DIRECTORS



Left to right: Giulia Giombolini (Italy), Treasurer; Ashok Bhaseen (Canada) President; Linda Henderson (Spain) Vice President; Beate Bartès (France) Secretary; Roko Granić (Croatia) Member-at-Large.

Absent: Nancy Patterson (USA) Member-at-Large

<https://www.thyroid-federation.org/>
<https://www.motherbabyiodine.com/>

