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UNIVERSIDADE ESTADUAL PAULISTA
“JÚLIO DE MESQUITA FILHO”
FACULDADE DE MEDICINA

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**Síndrome de Resistência ao Hormônio Tireoidiano: Mecanismos e
Manifestações Clínicas**

Tese apresentada à Faculdade de Medicina, Universidade Estadual Paulista “Júlio de Mesquita Filho”, Câmpus de Botucatu, para obtenção do título de Doutor em Fisiopatologia em Clínica Médica.

Orientadora: Profa. Dra. Célia Regina Nogueira

Coorientadora: Dra. Maria Cristina Crês

Botucatu

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ATA DA DEFESA PÚBLICA DA TESE DE DOUTORADO DE IGOR DE CARVALHO DEPRÁ, DISCENTE DO PROGRAMA DE PÓS-GRADUAÇÃO EM FISIOPATOLOGIA EM CLÍNICA MÉDICA, DA FACULDADE DE MEDICINA.

Aos 09 dias do mês de agosto do ano de 2024, às 09:00 horas, por meio de Videoconferência, realizou-se a defesa de TESE DE DOUTORADO de IGOR DE CARVALHO DEPRÁ, intitulada **Síndrome de Resistência ao Hormônio Tireoidiano: Mecanismos, Manifestações Clínicas e Implicações Terapêuticas**. A Comissão Examinadora foi constituída pelos seguintes membros: Profa. Dra. CELIA REGINA NOGUEIRA DE CAMARGO (Orientador(a) - Participação Presencial) do(a) Depto. de Clínica Médica / FM/Botucatu - Unesp, Profa. Dra. MIRIANE DE OLIVEIRA (Participação Virtual) do(a) Onkos Diagnósticos Moleculares / Ribeirão Preto, Profa. Dra. ADRIANA LUCIA MENDES (Participação Presencial) do(a) Depto. de Clínica Médica / FM/Botucatu - Unesp, Profa. Dra. NANCY BUENO FIGUEIREDO (Participação Presencial) do(a) Universidade Nove de Julho - Bauru, Profa. Dra. SUSAN CHOW LINDSEY (Participação Virtual) do(a) Depto. de Medicina / EPM/São Paulo - Unifesp. Após a exposição pelo doutorando e arguição pelos membros da Comissão Examinadora que participaram do ato, de forma presencial e/ou virtual, o discente recebeu o conceito final: aprovado. Nada mais havendo, foi lavrada a presente ata, que após lida e aprovada, foi assinada pelo(a) Presidente(a) da Comissão Examinadora.


Profa. Dra. CELIA REGINA NOGUEIRA DE CAMARGO

DEDICATÓRIA

À minha filha Amélie

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“Não se devia permitir nos relógios de parede esses ponteiros
que marcam os segundos: eles nos envelhecem muito
mais que o ponteiro das horas.”

Mário Quintana

Resumo

A síndrome de resistência ao hormônio tireoidiano beta (RHT β) é causada por mutações no gene codificante da isoforma beta do receptor de hormônio tireoidiano (*THRB*). Caracterizada bioquimicamente pela elevação sérica de tiroxina (T4) sem supressão do hormônio tireoestimulante (TSH), possui manifestação clínica variada, podendo afetar diferentes órgãos, e sua peculiaridade está na manifestação simultânea de sinais de hipo e hipertireoidismo. Recentemente, foi descrita uma mutação previamente desconhecida, substituindo a leucina do códon 341 por valina (L341V), que causa RHT β , porém com pouca informação sobre a manifestação clínica. Neste estudo, foi acompanhada a evolução clínica da síndrome em uma família não relacionada, também portadora da mutação L341V, ao longo de 13 anos, encontrando características ausentes na literatura.

Abstract

Thyroid hormone resistance syndrome beta (THR β) is caused by mutations in the gene coding the beta isoform of thyroid hormone receptor (*THRB*). Biochemically, it is characterized by elevation of serum thyroxine (T4) with unsuppressed thyrostimulating hormone (TSH), and has variable clinical manifestation, potentially affecting various organ systems. Its peculiarity resides in the simultaneous occurrence of hipo- and hiperthyroidism hallmarks. It has been recently described a novel mutation, substituting leucine for valine in codon 341 of *THRB*, causing THR β , though little information was reported on its clinical manifestation. This study reports the 13-year follow up of an unrelated family, also harboring the L341V mutation, finding characteristics previously absent in the literature.

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1. Introdução

1.1. Ação fisiológica dos hormônios tireoidianos (HT)

A capacidade de produzir ou metabolizar hormônios tireoidianos (HT) é encontrada amplamente no reino animal. Seus efeitos no desenvolvimento embrionário e larval são observados em diversos grupos de invertebrados, incluindo moluscos e equinodermos [1]. Em cordados, determinam o início da metamorfose de peixes [2] e anfíbios [3], e são indispensáveis para o desenvolvimento do sistema nervoso central [4,5] o que é demonstrado pelos efeitos deletérios do hipotireoidismo congênito no desenvolvimento cerebral em humanos [6]. No indivíduo adulto, alguns de seus efeitos mais notáveis incluem o controle da taxa metabólica basal e da produção de calor [7], além de funções fisiológicas concomitantes, como regulação do apetite [8], cujo efeito último é suprir os tecidos estimulados com os nutrientes necessários para sustentar o metabolismo. Há, ainda, efeitos tratados como pleiotrópicos por não terem relação óbvia com as alterações metabólicas, como a aceleração do *turnover* ósseo [9].

Em vertebrados, os HT são produzidos pela glândula tireoide, cujo parênquima consiste de estruturas globulares microscópicas denominadas folículos, preenchidas por uma substância coloidal e delimitadas por um epitélio simples de células foliculares. A partir dessa substância coloidal, as células foliculares sintetizam e secretam duas formas de HT, L-tiroxina (T4), sendo esta a forma majoritária, e 3,5,3'-triiodo-L-tironina (T3). Na circulação, cerca de 0,03% do T4 e 0,3% do T3 encontram-se livres, estando a maior fração ligada à globulina ligadora de tiroxina (TBG) e, em menor proporção, à transtirretina (TTR) e à albumina sérica, o que contribui para a estabilização dos níveis séricos de HT, cuja regulação será detalhada a seguir [10].

1.1.1. Regulação das concentrações de HT

Sistemicamente, as concentrações de HT circulantes são mantidas dentro de um intervalo estreito pelo sistema de *feedback* negativo conhecido como eixo hipotálamo-hipófise-tireoide. A produção e secreção de HT pela glândula tireoide depende de estímulo por hormônio tireoestimulante, ou tireotropina (TSH), produzido

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