

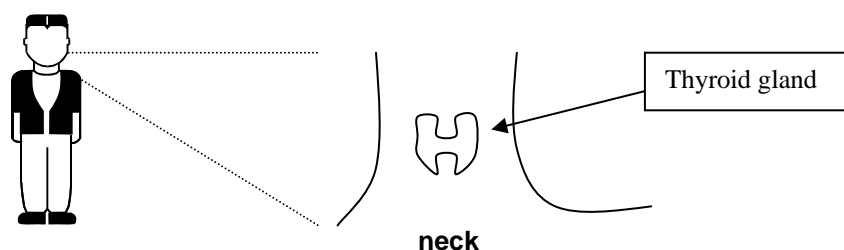
The treatment of an overactive thyroid gland (Thyrotoxicosis)

Young person information sheet (9 – 11)

We would like to invite you to take part in a research study that is trying to find out the best way of treating young people with thyrotoxicosis (an overactive thyroid gland).

What is thyrotoxicosis ?

Your parents and doctors have found that you have a condition called thyrotoxicosis. This means that your thyroid gland is overactive – in other words it makes too much thyroid hormone. The thyroid gland is in the neck (see the picture below) and sometimes this can get bigger than normal in people with this condition.



Too much thyroid hormone can make you feel unwell. We know that it is best to treat this problem because it makes the person feel better and helps them to grow and develop in the normal way.

What is the research for?

There are two main ways to treat thyrotoxicosis. One involves taking one medicine and one involves taking two medicines. Both reduce the amount of thyroid hormone to normal but they do so in different ways. Both are good treatments but we are not sure which is best at the moment.

Invitation to take part

We would like to invite you to take part in this study so that we can find out which treatment is best.

Do I have to take part?

Taking part is up to you and your parents and you both need to agree that this is a good thing to do.

What happens?

If you agree to take part then you will take one of the two treatments. The decision about the treatment is made by chance and so it is possible that you will be taking the one medicine treatment or the two-medicine treatment. You will then be on the medicine for 3 years. We will then see whether or not the thyroid gland becomes overactive again in the final 3 years of the study.

The study will not involve extra blood tests than you would have if you didn't take part in the research and when blood is taken we can use anaesthetic cream (magic cream) or spray so that it does not hurt. You may also have an X-ray of your wrist to look at how your bones are developing as well as a special scan to look at the thyroid gland. This could involve putting jelly on your neck and using a machine called an ultrasound scanner or it could involve injecting a special dye after the magic cream has been used so that it doesn't hurt.

What is being tested?

The main drug that is being used in this study is called carbimazole. One treatment involves carbimazole and thyroxine and one involves just carbimazole alone. Although taking one medicine seems easier it does not necessarily mean that it is better.

Can this be done another way?

An overactive thyroid gland can be treated with an operation or a medicine called radio-iodine but these are not usually used straight away in young people.

Will the medicine upset me?

Carbimazole and propylthiouracil can cause minor side-effects such as a rash. However one very important side-effect of carbimazole and propylthiouracil is that these drugs can reduce the number of white cells in the blood stream. The white blood cells fight infection and so anybody on these medicines should stop them if they feel unwell until the white cell count has been checked (especially if you have a sore throat). You must, therefore, tell your parents or carers and doctors if you feel poorly straightaway.

What if something goes wrong?

The study is not looking at new medicines that have not been used in young people before and does not involve any tests that make you feel unwell.

Will joining in help me?

Young people with thyrotoxicosis are already treated in the two different ways. What this study will do is work out what is the best way to treat young people with an overactive thyroid gland in future.

What happens when the research finishes?

When the research study stops (after 6 years) you may be off all medicines still and feel fine. If the thyrotoxicosis has come back then you may be back on the carbimazole medicine again or you and your parents may have decided to treat the overactive thyroid gland with surgery or radio-iodine. You will have had plenty of opportunity to talk to your parents or carers and doctors about these treatments.

Will anyone else know I'm doing this?

All information which is collected about you will be kept strictly confidential and so only the people doing the research will be able to look at the results. We would also let your GP know that you are taking part.

What will happen to what the researchers find out?

The results are likely to be available in 5 to 7 years time and will be talked about in medical meetings and published in medical journals. The sample of blood for genetic tests will be used to work out why people get thyrotoxicosis but will not be used to clone you and the blood or DNA will not be put back into you. After a few years the blood samples will be destroyed.

Did anyone else check the study?

This study has been planned and checked by several people to make sure that it is alright.

How can I find out more about the study?

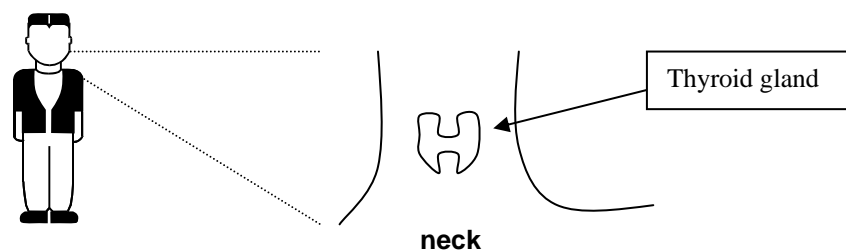
Your mum, dad or other grown-up you trust may be able to answer your questions.

Thankyou for reading this.

The treatment of an overactive thyroid gland (Thyrotoxicosis)

Young person information sheet (6 – 8)

Your parents and doctors have found that the thyroid gland in your neck is not working properly.



The thyroid gland is making too much thyroid hormone and this can make you feel poorly.

We know that it is best to treat this with medicine that will make you feel better and help to keep you healthy as you grow up.

Your parents and doctors may talk to you about whether you should take one medicine each day or two different medicines each day so that we can work out which is best for other boys and girls in future.

All people with thyroid problems like you need blood tests every few weeks or months but these will not hurt because magic cream or spray will be used which stops it from hurting.

The thyroid problem will not stop you growing up and doing normal things but it is a nuisance because it means that you have to come to hospital sometimes.

You must not be frightened to ask you Mummy, Daddy or your doctor about the thyroid problem or about how it is treated.

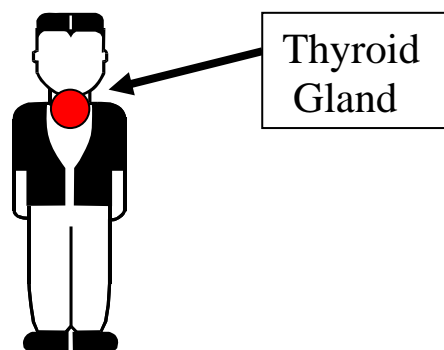
Thankyou

Treating a poorly thyroid gland

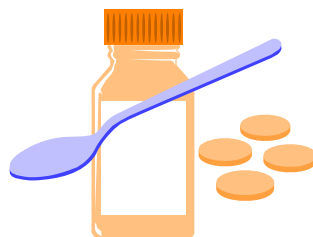
Information sheet for the young person (6 years and under)

We would like to ask for your help.

We know that your thyroid gland in the neck is not working properly.



We are trying to find out which is the best medicine to make you better.



There are two different types of the medicine and we will be asking your mum and dad about this before we decide which to use.

We will be asking your mum or dad about this.

Thank you