

SODIUM SELENITE IMPROVES MILD GRAVES' EYE DISEASE

Marcocci C, et. al.

of Dietary Supplements recommends a selenium intake of 55 μg per day, presumably in food. The maximum safe selenium intake is estimated to be 600 μg per day (1).

One concern about adoption of this therapy is that the study was relatively small. There were only 54 patients in the selenium group, but they did much better than the 50 in the placebo group or the 48 in the pentoxifylline group. Because this therapy is

inexpensive and apparently harmless, I am tempted to use it in my treatment of patients with Graves' disease who have any degree of clinical eye involvement. A sodium selenite capsule containing 100 μg of selenium costs only 10 cents (Internet price). Let's hope that a drug company does not get an FDA approval for selenium for Graves' eye disease and then sell it for \$10 per capsule.

— Jerome M. Hershman, MD

Reference

1. Yang GQ, Xia YM. Studies on human dietary requirements and safe range of dietary intakes of selenium in China and their application in the prevention of related endemic diseases. *Biomed Environ Sci* 1995;8:187-201.



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