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Dear ATA Members,

Two years ago, the ATA Board of Directors created a Task Force on Thyroid Disease and Pregnancy. The Task force has focused on a number of different initiatives including developing the ATA Spring Symposium in 2009 in Washington DC on Thyroid and Pregnancy. This year the Task Force is dedicated to ensuring that all pregnant women take multivitamins which contain iodine. To succeed in this goal we have been working on accomplishing the following:

- Increasing patient and physician awareness regarding the importance of maintaining sufficient iodine nutrition during pregnancy.
- Increasing patient and physician understanding that iodine requirements increase when pregnant.
- Broadening awareness of the current iodine nutritional status of pregnant women in the United States, and acknowledging that iodine deficiency does exist in some populations throughout the country.
- Assuring adequate iodine supplementation in prenatal vitamin formulations, an especially relevant issue, because many prenatal vitamins do not currently contain iodine

The task force has made important progress on all of the above topics. Specifically, active discussions are ongoing with the American College of Obstetrics and Gynecology, the Society for Maternal Fetal Medicine, the Midwives Alliance of North America, the March of Dimes and the Council for Responsible Nutrition. While much more effort is required, we believe the above steps are important, and represent the first progress toward achieving our ultimate goal. Unfortunately, the FDA has no purview over prenatal vitamins and therefore we can not accomplish our goal through that agency.

Our experience suggests that our message – once effectively delivered – is widely accepted and supported by nearly all individuals. In that vein, we hope that the ATA as a society can lead by promoting the available data regarding iodine nutrition and pregnancy. To assist, we have created a series of PowerPoint slides focused on iodine health during pregnancy that are now available to all ATA members and is posted on the [ATA web site](#). We hope you will consider using some or all of these slides as part of any upcoming lecture or discussion. We also recommend that you ask each of your pregnant patients if they are taking prenatal vitamins which contain iodine. Together, our combined effort to increase iodine nutritional awareness will be our strongest asset.

Sincerely,

The ATA Task Force on Thyroid and Pregnancy