

Table 3. TSH and thyroid hormones changes in aged subjects

Authors	N	Age	Studies	Results
Erfurth EM et al 1984 ²²	91	45F ≤39yrs 24F 66-79yrs 14M ≤38yrs 8M 60-79yrs	Cross-sectional	F ≤39 TSH 2.4±20 T ₄ 106 T ₃ 2.27 FT ₃ =2.09 M ≤39 TSH 2.93±0.41 T ₄ 108.3 T ₃ 2.49 FT ₃ =2.37 F 60-79 3.79±0.39mU/L T ₄ 107 nmol/L T ₃ 2.09nmol/L FT ₃ =1.99 M 60-79 TSH 2.25±0.7 T ₄ 107nmol/L T ₃ 2.09nmol/L FT ₃ =1.99
Barreca T et al 1985 ²⁴	20	10 (26-35yrs) 10 (78-83yrs)	Cross-sectional	Mean 24hrs TSH Night Time TSH Young 3.5mU/L Young 4.1 mU/L Old 3.1 mU/L Old 3.2 mU/L
Van Coevorden A 1989 ²³	16M	8M 20-27yrs 8M 67-89yrs	Cross-sectional	24hrs sampling at 15min intervals TSH young 1.43±0.41μU/L TSH old 0.78±0.37 μU/L TRH induced TSH (AUC) 42±16.6 μU/L in the young 15.9±6.3 μU/L in the aged
Perle JV et al 1991 ²⁰	1210 700 F 510 M	≥60yrs	Cross-sectional	TSH above normal (5 IU/ml) 11.6% women 2.9% men (<0.5IU/L) 6.6% women 5.5% men
Mariotti et al 1993 ²⁶	222	A) 41 (100-110yrs) B) 33 (65-80yrs) C) 98 (20-64yrs) D) 52 (28-82yrs)	Cross-sectional	TSH A 0.97 B 1.17 (1.17mU/L) FT ₄ A+B+C no difference A low FT ₃ high rT ₃
Committee on Subclinical Thyroid Disease 2004 ¹⁹	13334	12yrs and older	Cross-sectional	Normal range of TSH 0.4 to 4mU/L
Van den Beld AW et al 2005 ²⁵	403	73-94 yrs	Cross-sectional	rT ₃ increases with age and disease. 63 men with T ₃ low rT ₃ increased. FT ₄ increase (within the normal range) favourable for a 4-year survival
Sulcs M et al 2007 ²¹	8598	20-39yrs 6167 subjects 60-79yrs 2431 subjects	Cross-sectional	TSH in the young group 1.54 to 1.75 mU/L In the old group 1.91 to 2.96 mU/L
Atzmon G 2009 ²⁷	1124	A) 166F (97.8yrs) 166M (97.1yrs) B) 95F (69.7yrs) 93M (72.3yrs) C) 605 (60-79yrs)	Cross-sectional	A TSH 1.97 (0.42-7.15) B TSH 1.55 (0.46-4.55) C TSH 1.61 (0.39-6.29) A > B and C (p<0.001)