Author’s response to reviews

Title: Soy isoflavones inducing overt hypothyroidism in a patient with chronic lymphocytic thyroiditis–Case Report

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To the Editor-in-Chief and the Reviewer

Thank you very much for your careful review and valuable comments on the manuscript. We have considered your comments and have accordingly revised our manuscript. Moreover, as instructed, we edited for English language and grammar as much as possible.

Response to ‘The title should be changed to from “Soy isoflavones developed overt hypothyroidism in a patient with chronic lymphocytic thyroiditis–Case Report” to “Soy isoflavones inducing overt hypothyroidism in a patient with chronic lymphocytic thyroiditis–Case Report”.


As you pointed out, we change the title “Soy isoflavones developed overt hypothyroidism in a patient with chronic lymphocytic thyroiditis—Case Report” to “Soy isoflavones inducing overt hypothyroidism in a patient with chronic lymphocytic thyroiditis—Case Report”.

Response to “At the end of the Introduction there is a need to add a paragraph that explains why this case report is presented (what is unique and adds to the medical knowledge).”

As you pointed out, we added the following sentences in Background section “Here in, we reported a case with severe hypothyroidism induced by taking health drink. There is almost no report of the patient with severe hypothyroidism induced by isoflavone. The components of the substances suspected to be isoflavone had disappeared or decreased along with the clinical impairment of our patient. This is the first case report which the presence of isoflavone is examined in the patients’ serum with severe hypothyroidism.”

Response to “The case presentation does not explain what changes occurred OVER TIME in the patient after she started taking the Soy isoflavones drink.”

It is certainly important to explain what changes occurred OVER TIME in the patient after she started taking the Soy isoflavones drink. Therefore, we deleted the following sentence in the Case presentation section “It was determined that, for 6 months, she had been taking processed solved health drink “barley young leaf” in amounts of 9 g per day, which included soybean and kale powder extract.” On one hand, we added the following sentence in the Case presentation section “After that she had been taking processed solved health drink “barley young leaf” in amounts of 9 g per day, which included soybean and kale powder extract, for 6 months. She gradually presented general malaise, edema and hoarseness, and suddenly presented elevated TSH (373.3 μIU/mL) level, very low T3 (<0.26 pg/mL) and T4 (0.10 ng/mL) levels.”

Response to “Give complete past medical, social, family, and environmental history. What medication was the patient on prior to diagnosis?”

As past medical history and medication, we already described as “Her past medical history included only hypertension. She did not have any fever or neck pain suggestive of subacute or painless thyroiditis during recent months, and she had not taken any medication that would reduce thyroid function.” Therefore, we added the following sentence in the Case presentation section “Her social, family, and environmental history were also nothing.”
Response to “The section about the detection of the presence of isoflavone in the patient’s frozen serum at 5 points from before admission to day analysis should be in the Case Report section and not only in the Discussion section.”

→ At first our submission, the reviewer noted that the section should be included in the Discussion section. However, we thought that the section should be included in the Case presentation section. As you pointed out, we include the section in the Case presentation section.

Response to “Give information about follow-up for at least 6 months.”

→ It is certainly important to described about follow-up. Therefore, we added the following sentence in the Case report section “Her free T3 and T4 levels did not decrease in the follow-up period of the subsequent 6 months.”

Response to “Describe what is unique in this case compared to what is available in the literature in the Discussion.”

→ The unique point of this report is the examination of the presence of isoflavone in the patients’ serum with severe hypothyroidism. We already described the following sentence in Discussion section “The components of the substances suspected to be isoflavone had disappeared or decreased along with the clinical impairment of our patient. This is the first case report which the presence of isoflavone is examined in the patients’ serum with severe hypothyroidism.” There was no case report to be compared in the past. Therefore, to further emphasize, we added the following sentence in Discussion section “This point is unique, there is almost no report which the presence of isoflavone is examined in the patients’ serum.”