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“Thyroid dysfunction following DRESS: A 10-year retrospective cohort study of incidence, timing, and clinical features”

Background: Thyroid dysfunction has become increasingly recognized as a potential complication of Drug Reaction with Eosinophilia and Systemic Symptoms (DRESS), but its incidence and clinical characteristics are not well defined.

Objective: To evaluate the incidence, timing, and clinical features of thyroid dysfunction following DRESS.

Methods: This retrospective cohort study assessed adults diagnosed with DRESS at a single academic center between 2015 and 2025. Demographics, thyroid involvement, additional organ involvement, and suspected culprit medications were assessed.

Results: Among 31 included patients, thyroid dysfunction within 12 months of DRESS onset occurred in 7 patients (22.6%; 95% CI, 9.6–41.1%). The median onset of thyroid dysfunction after DRESS was 1.0 month (range, 0.5–3.5 months). The most common phenotype was subclinical hyperthyroidism (n=4). No statistically significant associations were identified between thyroid dysfunction and demographic characteristics, organ involvement, or suspected culprit medications.

Limitations: Retrospective design, single-center setting, limited sample size, nonuniform thyroid testing.

Conclusion: This study highlights thyroid dysfunction as a potentially underrecognized complication of DRESS with relatively early onset after diagnosis. Larger, multicenter studies are needed to confirm and expand upon our findings, better evaluate risk factors, and influence evidence-based guidelines for thyroid monitoring following DRESS.