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RESEARCH AREA

Iodine deficiency remains a global issue, with Hungary classified as mildly iodine-deficient based on urinary iodine levels. Adequate iodine intake supports not only thyroid health but also the proper functioning of other organs. Insufficient iodine may elevate the risk of breast, endometrial, and ovarian cancers. Current guidelines mandate thyroid hormone replacement for confirmed hypothyroidism regardless of cause. However, iodine levels are not routinely measured in laboratory diagnostics. Given iodine deficiency's potential relevance in Hungary, why is its pathological role often overlooked in hypothyroidism diagnosis?

Objectives:

- Evaluate iodised salt use in public catering and restaurants
- Measure iodine content in iodised salt, both freshly opened and over time
- Conduct lab tests: hormone levels, urinary iodine, thyroid ultrasound
- Investigate links between subclinical hypothyroidism (elevated TSH) and low urinary iodine
- Assess iodised salt intake, dietary habits, and iodine supplementation through patient questionnaires

TECHNIQUES AVAILABLE IN THE LAB

- Conducting a comprehensive medical and nutritional assessment, including ECG, body composition analysis, blood sampling, and thyroid ultrasound.
- Laboratory analysis to determine iodine levels in commercially available iodised salts.
- Surveying iodised salt usage practices in school canteens, public catering facilities, and restaurants.
- Designing, implementing, and evaluating a detailed questionnaire.
- Obtaining ethical approval for the study.

SELECTED PUBLICATIONS

Hunter, N., Czina, L., Murányi, E., Németh, B., Varjas, T., **Szendi, K.** (2024) Is a Meta-Analysis of Clinical Trial Outcomes for Ketogenic Diets Justifiable? A Critical Assessment Based on Systematic Research. **Foods 13**: 3219.

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Szendi, K., Murányi, E., Németh, B. (2024) Ketogén diéta: Félrevezetők lennének a tudományos vizsgálatok eredményei? **Orvosi Hetilap 165**: 260-264.

Szenczi, Á., Péter, I., Nusser, N., Ajtay, Z., **Szendi, K.**, Berényi, K., Horváth-Szalai, Z., Szirmay, B., Sümegi, A., Hanzel, A., Németh, B. (2023) Is Balneotherapy Protective Against Oxidative Stress? A Pilot Study. **IN VIVO 37**: 858-861.

Nemeth, B., Hanzel, A., Berenyi, K., Peter, I., Hetesi, Cs., Ajtay, Z., Szenczi, A., Sumegi, A., **Szendi, K.** (2021) A New and Validated, Randomised, Controlled Placebo Water Development Trial for Medicinal Water-based Research. **IN VIVO 35**: 2881-2888.