

## **The Application of Alpha-Lipoic Acid in Treatment of Lipid Disorders in Children and Adolescents with Congenital Hypothyroidism**

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**Summary.** Children with congenital hypothyroidism are required early treatment with thyroid hormone in a combination with alpha-lipoic acid, which is the active metabolite, accelerates the oxidation of fatty acids, lowers cholesterol and saturated fatty acids in the blood, i.e. has a hypolipidemic effect. The inclusion of preparation Espa-lipon in a dose of 600 mg/day for 3 months orally in a standard regimen of congenital hypothyroidism treatment, significantly accelerated the regression of changes in atherogenic lipid profile, reducing the risks of complications in the cardiovascular system.

**Keywords:** congenital hypothyroidism, children, alpha-lipoic acid, Espa-lipon, lipids, cardiovascular system