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Short Communication

Spectrum of thyroid disorders in diabetes mellitus in Nepal

Robin Maskey

B P Koirala Institute of Health Sciences, Dharan, Nepal

Abstract

Background & Aim: The coexistence of diabetes mellitus and thyroid disorders is a known clinical observation. Nepal is an endemic region with respect to iodine insufficiency, just as a nourishing iodine lack is believed to be predominant in all the Himalayan, sub-Himalayan and the Terai districts of Nepal. Thyroid brokenness is a significant general medical condition among the Nepalese populace.

Thyroid dysfunction is a significant general medical condition among the Nepalese populace. It has been assessed that 0.2% of the passing's in Nepal result from endocrine problems, among which Iodine inadequacy has been a significant reason. As per the WHO, more prominent than 190 million experiences the ill effects of iodine insufficiency problems. The thyroid issues might be because of inherent variables, a hereditary inclination, insufficient degrees of dietary iodine admission, pregnancy, radiotherapy, viral contaminations, medical procedure, fundamental illnesses, for example, infiltrative problems, or even autoimmunity.

Nepal is a sloping landlocked territory which is arranged far away from the ocean. The geological arrangement of the nation, alongside a high yearly precipitation, prompts low soil iodine content. These variables lead to a high frequency of iodine lack issues. Iodine inadequacy is pervasive in the Himalayan, sub-Himalayan and the Terai locales of Nepal [7]. The predominance statuses of hyperthyroididm (13.68%) and hypothyroididm (17.19%) were concentrated in the eastern piece of Nepal [8]. Despite the fact that the predominance of thyroid brokenness had been concentrated in different pieces of Nepal, as far as we could possibly know, this is the primary examination which is being accounted for from the western piece of Nepal. This sort of study has not been accounted for from our district up until now. The goal of this examination was to evaluate the pervasiveness of thyroid brokenness in the western area of Nepal.

Objectives: The objective of this study was to see the spectrum of thyroid disorders in diabetes mellitus in Nepal.

Methods: Two hundred and seventy one known or newly detected cases of diabetes mellitus aged more than 15 years were selected randomly from the patients attending to BPKIHS from September 2012 to September 2013. These patients were subjected to evaluation for thyroid function – clinically and biochemically and other relevant investigations were done. A hospital based investigation was attempted by utilizing the information which was recovered from the thyroid capacity tests, which included free T3, free T4 and TSH, from the register which was kept up in the Department of Biochemistry of the Charak Hospital, Pokhara, Nepal, from first January, 2011 to 30th December, 2012. Illustrative measurements and testing of the theory were utilized for the examination by utilizing the EPI INFO and the SPSS rendition 16 programming projects.

This was hospital based examination which was directed in the Department of Biochemistry, Charak Hospital. In this review study, the subjects who visited Charak Hospital from first January 2011 to first January 2012 were enlisted. Those patients who had played out the thyroid capacity test, {i.e. free tri-iodothyronine (fT3), free thyroxine (fT4) and the thyroid incitement hormone (TSH)} were selected the examination. The subjects with inadequate thyroid capacity tests were prohibited from the investigation. The factors which were gathered were age, sex and the T3, T4 and the TSH levels.

Results: Out of 271 subjects only 23 patients (8.48%) were found to have thyroid disorders. Among 23 patients; 11 had euthyroid, 4 had subclinical hypothyroidism; 7 had clinical hypothyroidism and 1 had subclinical hyperthyroidism. We found majority of patients with female hypothyroidism. We found body mass index, mean triglyceride and cholesterol levels were more in those diabetic patients having coexisting hypothyroidism. So every diabetic patient should be screened for thyroid function test. The complete number of cases was 1504, which included 23.20% guys and 76.80% females. The predominance of thyroid brokenness was 17.42%. Females had more thyroid brokenness than the guys. Hypothyroidism (2.26%) and subclinical hypothyroidism (10.50%) had higher prevalences when contrasted with hyperthyroidism (1.59%) and subclinical hyperthyroidism (3.05%) in the western locale of Nepal. A higher pervasiveness of the thyroid brokenness was seen in the subjects who ages were over 41-50 years.

In this review study, a sum of 1504 subjects was enlisted from January 2011 to January 2012. Among these subjects, 1155 were females and 349 were guys. The subjects were ordered by their thyroid status as hypothyroidism, hyperthyroidism, subclinical hypothyroidism, subclinical hyperthyroidism and euthyroidism, by taking the reference of the ordinary thyroid capacity test. Absolute hypothyroidism included hypothyroidism in addition to subclinical hypothyroidism and all out hyperthyroidism spoke to hyperthyroidism and subclinical hyperthyroidism.

Conclusion: Females and individuals of cutting edge ages were more helpless against thyroid brokenness in the populace. Hypothyroidism and subclinical hypothyroidism were dominant, trailed by subclinical hyperthyroidism