

Thyroid Prevalence Among DM

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Abstract

Background:

Thyroid gland disorders are one of the commonest endocrinal abnormalities among elderly and may be presented with a wide range of clinical pictures. There is a paucity of data about prevalence of thyroid disorders in Egyptian elderlies with type 2 diabetes (T2D) and/or sonographic finding among them.

Objective:

The objective of this study is to estimate the prevalence of different functional and anatomical thyroid disorders among elderlies with T2D.

Patients and methods:

The current study was conducted on 220 patients aged 60 years and more, both males and females (126 with T2D & 94 nondiabetic). Comprehensive geriatric assessment was performed, thyroid function test & neck ultrasound were done for all participants in the study after exclusion of known patients to have thyroid disorders or drugs & diseases that may affect thyroid function tests.

Results:

Only 77.3 % of elderlies are euthyroid while 22.3 % have abnormality in the thyroid function tests. There was statistically significant higher prevalence of thyroid nodules & abnormal neck ultrasound findings among patients with T2D in comparison to nondiabetics (23.8% among diabetics versus 12.7% among nondiabetics [P value < 0.05]). No statistically significant difference between 2 groups regarding abnormalities in thyroid function tests [P value 0.45].

Conclusion:

The conducted study has addressed that the prevalence of thyroid dysfunctions is frequently seen among elderlies especially those with T2D. Commonest disorder is subclinical hypothyroidism. Thyroid nodules were reported to be more among patients with T2D in comparison to those nondiabetics.

Keywords:

Elderly; Thyroid Nodule; Diabetes; Subclinical Hypothyroidism.