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## A descriptive study on thyroid status in a group of patients with type-2 diabetes and its association to glycemic control, cardiovascular markers, macro and micro-vascular complications

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There is a well-known relationship between type-2 diabetes and thyroid dysfunction, especially with regard to overt hypothyroidism and subclinical hyperthyroidism. However, different types of thyroid dysfunction associated with diabetes include, overt hypothyroidism, subclinical hypothyroidism, overt hyperthyroidism and subclinical hyperthyroidism. The aim of this study was to find the prevalence Thyroid Dysfunction (TD) among patients with type-2 diabetes and to assess the association of thyroid status to the lipid levels, glycemic control, cardiovascular risks and diabetes related complications which is an ongoing study up to date. In this study 168 patients were screened, out of which 56% (94) had normal thyroid functions while 20% (33) had overt hypothyroidism and 12% (20) had subclinical hypothyroidism. Only a minority showed overt hyperthyroidism (4%) and subclinical hyperthyroidism (2%). Hypothyroid patients were seen equally in elderly (>70 years) group and middle age (50-70 years) group. All patients having overt hyperthyroidism (7) had diabetes for more than 10 years while all patients with subclinical hyperthyroidism (2) had diabetes less than 5 years. In assessment of glycemic control with HbA1C, 62% (59) of patients with normal thyroid functions had a level between 7-10%, while 50% (10) of subclinical hypothyroidism patients and 66% (20) overtly hypothyroid patients also had the same value. Majority in all types of thyroid diseases and patients without any thyroidal illness had LDL levels between 70-150 and there was no statically significant difference between the groups. Majority in all categories had systolic blood pressure less than 140 and had normal serum creatinine levels. Therefore in conclusion thyroid dysfunction is highly prevalent among patients with type-2 diabetes mellitus out of which, overt hypothyroidism and subclinical hypothyroidism are the most evident conditions and there is no statistically significant association to glycemic control, blood pressure control or cardio-metabolic markers such as LDL.

### Biography

Dayakshi Abeyaratne is currently working as a Senior Registrar in Diabetes and Endocrinology in Sri Lanka, where she works in a clinical setting seeing diabetes and endocrinology patients. She has excelled in her postgraduate studies with outstanding performances and she is interested in clinical research especially in diabetes and endocrinology and currently has several publications in indexed journals.

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