

Thyroid dysfunction in metabolic syndrome and complications

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Aims/Objectives: To study association between metabolic syndrome and thyroid dysfunction and any cardiovascular complications.

Methods: It is a prospective in hospital study started from January 2012 - April 2013, 300 cases of metabolic syndrome admitted in R.L.Jalappa hospital, Kolar were tested for thyroid dysfunction and were followed up for any cardiovascular complication developed during the stay in the hospital.

Results: 300 cases of metabolic syndrome were analysed for associated thyroid dysfunction.

- Males- 153, Females- 147. M:F=1.04.
- Out of 300 subjects with metabolic syndrome, 64 (21.3%) subjects had subclinical thyroid dysfunction.
- 22 males (14.3%) had subclinical thyroid dysfunction
- 42 females (28.5%) had subclinical hypothyroidism.

Conclusion: Metabolic syndrome and thyroid dysfunction are independent risk factors of atherosclerotic cardiovascular diseases and the coexistence of the two will substantially increase cardiovascular risk. Studies have reported that higher TSH (thyroid stimulating hormone) concentrations are associated with a higher likelihood for the occurrence of metabolic syndrome, especially in females.

In this study we found out that subclinical thyroid dysfunction is prevalent in patients with metabolic syndrome, so all the patients with metabolic syndrome should be tested for thyroid dysfunction to reduce the cardiovascular morbidity and mortality.

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