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Patterns of thyroid disorders in northern Saudi Arabia

Anwar OsaywidAlrasheedi
King Khalid Hospital, Kingdom of Saudi Arabia

Background: Thyroid hormone act as an vital factor of development and growth, and in adults plays. critical part in the regulation of the function and metabolism of virtually every organ system. Therefore, the objective of this study was to identify the common pattern of thyroid pathologic changes in northern Saudi Arabia and its related metabolic changes.

Methodology: Seventy seven referred Saudi patients diagnosed as having thyroid disorders based on clinical information, laboratory and radiological testing were included.

Results: Of the 77 patients, 14/77(18.2%) were diagnosed as having hyperthyroidism and 63/77(81.8%) were diagnosed as having hypothyroidism. Of the 14 patients with hyperthyroidism 10/14 (71.4%) were males and 4/14(28.6%) were females. Of the 63 patients with hypothyroidism, 4/63 (6.3%) were males and 59/63(93.7%) were females.

Conclusion: Hypothyroidism is prevalent pattern of thyroid disorder in northern Saudi Arabia, particularly and females. Knowledge of various factors influencing thyroid dysfunction can help in interpreting the results of such studies in. better way.

a.11.aaa@hotmail.com

Polymorphisms in genes implicated in lipoprotein metabolism, their association with cardiovascular disease and lipid lowering treatment response in type. diabetes

Raja chaaba
University of Monastir, Tunisia

Type1 diabetes is one of the major concern for the health care in the world. It is associated with microvascular and macrovascular complications, mainly cardiovascular diseases (CVD). Disturbances in lipid and lipoprotein metabolism play an important role in inducing CVD in the case of diabetes. Many genes implicated in lipid and lipoprotein metabolism are considered as candidate genes for CVD. Lipoprotein lipase (LPL), Lecithin cholesteryl acyl transferase (LCAT), apolipoprotein. (apo E), apo B, apo A-V, cholesteryl ester transfer protein (CETP)… Many studies of polymorphisms in those genes showed their association with CVD. But those associations are ethnic dependent. They depend on gene-gene or gene environment interactions. Also, the significance of those associations depends on the studied group: the results are different in healthy subjects, diabetic patients, patients with CVD. Then gene-disease association studies in different populations and different groups can help in understanding the disease pathology and also lead to better treatment. It promises to yield information that may be used to personalize treatment strategies to assure optimal lipid control in all patients, improve treatment efficacy and reduce the risk of CVD complications. It help physicians to take the best decision regarding the patient treatment and lay the foundation for "personalized medicine". Genetic testing may not only help to determine who is at high risk for developing CVD, but may also be useful in guiding treatment regimens for T2D.

rchaaba@yahoo.fr