

Thyroid dysfunction in patients with diabetes mellitus in a tertiary care center of south-eastern Rajasthan, India

Dr Ashok Rathore^{1*}, Dr Deepak Gupta², Dr Faraz Ahmed³

¹ Associate Professor, Department of medicine, Jhalawar medical college, Rajasthan

² Professor, Department of medicine, Jhalawar medical college, Rajasthan

³ Post graduate, Department of medicine, Jhalawar medical college, Rajasthan

*Corresponding Author: Dr Ashok Rathore

E-mail: rathoreashok80@gmail.com

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Abstract

Background: Most common endocrine disorder in day-to-day life are diabetes and thyroid disorder. In long term, these patients may lead to development of cardiovascular disease and other metabolic derangements. In diabetics prevalence of thyroid dysfunction is 10 to 24%. Thyroid dysfunction prevalence in diabetics patient was objective of the present study conducted at Jhalawar medical college and SRG Hospital Rajasthan. **Materials and Methods:** Retrospective study conducted in patients admitted between July 2017 to December 2018 at department of medicine Jhalawar medical college and SRG Hospital, Jhalawar Rajasthan. 130 patients (age group ≥ 30 yrs.) of diabetes mellitus and 125 of same age group & having glucose levels normal were taken for the study. The Ethical committee clearance was taken. Fasting plasma glucose (FPG) levels of more than 126 mg/dl twice at different occasions were labeled diabetics and subjects having FPG levels less than 126 mg/dl at two occasions were controls. **Result:** Prevalence of thyroid dysfunction in case group (diabetic mellitus patient) was 24.6% and prevalence of thyroid dysfunction in control group was 6.4%. Among thyroid dysfunction, prevalence of subclinical hypothyroidism was highest. **Conclusion:** Thyroid dysfunction had higher prevalence in diabetes patients.

Keywords: thyroid dysfunction, glycosylated hemoglobin (HbA1c), diabetes mellitus