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Spectrum of Thyroid disorders in Diabetes Mellitus in Nepal

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Background & Aim: The coexistence of Diabetes Mellitus and Thyroid disorders is a known clinical observation. The objective of this study was to see the spectrum of Thyroid disorders in Diabetes Mellitus in Nepal.

Methods: 271 known or newly detected cases of Diabetes Mellitus aged more than 15 years were selected randomly from the patients attending to BPKIHS from September 2012 to September 2013. These patients were subjected to evaluation for Thyroid function – clinically and biochemically and other relevant investigations were done.

Results: Out of 271 subjects only 23 patients (8.48%) were found to have Thyroid disorders. Among 23 patients; 11 had euThyroid, 4 had subclinical hypoThyroidism; 7 had clinical hypoThyroidism and 1 had subclinical hyperThyroidism. We found majority of patients with female hypoThyroidism. We found body mass index, mean triglyceride and cholesterol levels were more in those diabetic patients having coexisting hypoThyroidism. So every diabetic patient should be screened for Thyroid function test.

Biography

Robin Maskey, Associate Professor, has completed his MBBS from Manipal College of Medical Sciences, Pokhara, Nepal and MD in Internal Medicine from B P Koirala Institute of Health Sciences, Dharan, Nepal and Fellowship in Endocrinology and Metabolism from Sir Ganga Ram Hospital, Delhi, India. He has published more than 20 papers in reputed journals and has been serving as an Associate Professor in academic Institution in Eastern part of Nepal.

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