

Autoimmune Thyroiditis: A Case Control Study on a Sample of Egyptian Type I Diabetic Patients

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Type 1 diabetic patients are vulnerable for autoimmune thyroid disease. The incidence of type I Diabetes in Egypt is 8/100000. Undiagnosed thyroid dysfunction impairs metabolic status and increase cardiovascular risks in diabetic patients. Objectives of the study were to underscore autoimmune thyroiditis and thyroid dysfunction on a sample of Egyptian type I diabetes mellitus. One hundred type 1 diabetic subjects without previously known thyroid diseases and 50 controls were included. Physical examination, HbA1c, thyroid profile (TSH, free T3 and free T4), thyroid ultrasound anti-peroxidase and anti-thyroglobulin antibodies were assessed. Autoimmune thyroiditis was detected in 27 % of the patients, and significantly associated with parental consanguinity, familial autoimmune disease and goiter. It is concluded that autoimmune thyroiditis is evident on laboratory assessment of type 1 diabetic patients who were apparently euthyroid. Screening of type I diabetics for thyroid diseases should be done even in absence of clinical evidence for better glycemic control and to improve long term outcome.