

Obesity in patients with autoimmune thyroiditis

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Introduction

Autoimmune thyroiditis (AIT) is a serious problem of modern society. Prevalence AIT among the adult population is 4-5%. It leads to the often combination of this pathology with other diseases including obesity. There is evidence of mutual influence of the volume of subcutaneous fat and the hormonal state of the thyroid gland: the correction of excess body weight also leads to normalization of thyroid function.

Aim

The aim of this work was to determine the frequency of obesity in patients with autoimmune thyroiditis.

Materials and methods

We observed 25 patients with autoimmune thyroiditis in phase euthyrosis aged 35 to 62 years. Diagnosis autoimmune thyroiditis was established in accordance with the criteria for this nosology, presented in the Russian Association of Clinical Endocrinologists guidelines for diagnosis and treatment of autoimmune thyroiditis in adults (2003). The stage of obesity was set at the early stages of examination of patients. It is determined by body mass index (BMI).

Results

Among our surveyed women prevailed (68.7%). In view of the functional state of the thyroid gland, the patients made two categories: with hypothyroidism and euthyrosis. There were 10 patients with preserved function of the thyroid gland (40%). Obesity was found in 20 patients with autoimmune thyroiditis (80% cases). Thyroid dysfunction was observed in 13 patients among them. These values corresponded to 65% of cases. There were 7 men among them (35%) and women - 13 (65%). Body mass index distribution was: 12 patients with obesity 1 degree, 7 – 2 degree, and 1 patient - 3 degree. There are 11 of these patients had other manifestations of the metabolic syndrome, such as hypertension (9 patients), coronary heart disease (10 cases), insulin resistance or diabetes (4 patients), osteoarthritis (5 patients) and hyperuricemia (1 case). The relationship between the degree of severity of obesity, the patient's age and medical history of autoimmune thyroiditis had no significant difference.

Conclusions

Analyzing the results of the research, we can talk about the possible presence of autoimmune common link in the pathogenesis of these diseases. Moreover, the effect of thyroid hormones and the activity of metabolic rate reflect the mechanisms of comorbidity obesity as part of the metabolic syndrome, and autoimmune thyroiditis.