



Proceeding

Volume 3 Suppl 1 – March 2017
DOI: 10.19080/AJPN.2017.03.555676

Acad J Ped Neonatol

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Thyroid Diseases in Children with T1DM

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Submission: March 05, 2017; **Published:** March 28, 2017

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Introduction

Type 1 diabetes mellitus (T1DM) is the result of autoimmune destruction of beta cells in pancreas. There is a genetic predisposition toward T1DM which also predisposes to other autoimmune diseases such as thyroid disease, celiac disease, adrenal insufficiency, vitiligo, alopecia, and gastric autoimmunity. 15-30% of T1DM patients have thyroid autoimmunity, which is the most prevalent autoimmune disorder associating with T1DM. It is often clinically silent but it may progress to autoimmune thyroid disease.

Methods

Evaluation for thyroid disorders was undertaken in the pediatric diabetic clinic in the diabetes center in Al Baha.

Results

Thyroid function tests were undertaken in 255 children with diabetes, 133 girls & 122 boys. There was a high frequency

of abnormal results; 8.6 % had low free Thyroxine levels (FT4). Surprisingly 85.7% of these have normal or low TSH (central hypothyroid) which may indicate that an immune process is affecting pituitary gland, rather than the thyroid gland itself. Females were affected more frequently than males. Subclinical hypothyroidism was found in 20.9% of the diabetic clinic population, 22.9% of girls & 21% of boys. FT4 was high in 28 children, all of whom were asymptomatic.

Conclusion

Thyroid hormone abnormalities are frequent in the paediatric diabetes clinic population



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