ASSOCIATION OF TYPE 2 DIABETES WITH HYPOTHYROIDISM IN MENOPAUSAL AND POSTMENOPAUSAL WOMEN

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Relevance. Diabetes mellitus is one of the important medical and social problems of modern society. WHO projects that by 2030, diabetes will be the seventh leading cause of death in the world.

Over the past 35 years in Uzbekistan the number of registered patients with diabetes has increased by 4 times and is more than 100 thousand people. According to the Endocrinology Dispensaries there are 135751 registered patients with diabetes by 01.01.2013, accounting for 455.9 cases per 100,000 people.

DM and thyroid disease appear to be closely linked. A recent meta-analysis of all available data in 10,920 patients with DM revealed a mean frequency of thyroid disease of 11%. The data in type 1 DM (T1DM) did not differ from those in type 2 DM (T2DM), but the prevalence in women was consistently more than twofold that in men (Perros, P., McCrimmon, RJ, Shaw, G. et al.).

Hypothyroidism - a clinical syndrome caused by persistent deficit of thyroid hormones. In population studies, overt hypothyroidism (OH) or its subclinical manifestations [subclinical hypothyroidism (SH)] range between 2-4% and 4-20%, respectively, both being significantly higher in women above the age of 60 years. Thyroid hormones have an effect on glucose metabolism and insulin secretion. Many metabolism indicators in diabetes and hypothyroidism have a similar focus. In diabetes and hypothyroidism there is an increase in total cholesterol, triglycerides, reduced levels of high-density lipoprotein, which leads to the development and progression of atherosclerosis.

Objective. In this study we aimed to identify the frequency of prevalence of diabetes mellitus, associated with hypothyroidism (due to spontaneous hypothyroidism, autoimmune thyroiditis, diffuse goiter, total or subtotal thyroid resection, mixed goiter) in premenopausal and menopausal women.

Materials of research. During the study we analyzed archival data at RSSPMC of Endocrinology. 880 records of patients treated at the Department of thyroid pathology in 2010 and 2011 were selected. The duration of diabetes mellitus ranged from 1 to 31 years, hypothyroidism from 1 to 38 years. We took into account all etiological types of hypothyroidism.

Results. Diabetes, associated with hypothyroidism, was revealed in 153 case histories, representing 17.38%. Type 1 diabetes was in 9 cases, accounting for 16%, and type 2 diabetes mellitus in 144 patients - 94%. Moderate form of type 1 diabetes occurred in 3 (2.08%) patients, severe form in 6 (4.16%). Moderate form of type 2 diabetes was in 62(40.52%) patients, severe - in 82 (53.59%) cases. As for hypothyroidism, it was due to various thyroid disorders: autoimmune thyroiditis in 47 patients (30.72%), mixed goiter II in 9 patients (5.88%), spontaneous hypothyroidism in 76 patients (49.67%), diffuse goiter I-II in 15 patients (9.8%) and postoperative hypothyroidism in 6 patients (3.92%). Most common form of hypothyroidism was moderate hypothyroidism in 75 (52.08%) patients.

Conclusions: After analyzing the archival data of the thyroid pathology department we revealed 153 (17.38%) case histories of women with diabetes, combined with hypothyroidism. And this comorbidity in premenopausal and menopausal women was mostly represented by type 2 diabetes mellitus and
moderate form of hypothyroidism. The most frequent cause of hypothyroidism in women with diabetes mellitus was spontaneous hypothyroidism (49.67%).