

The lipid profile in patients with subclinical Hypothyroidism and Metabolic Syndrome

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INTRODUCTION

The lipid profile is disturbed in both subclinical hypothyroidism (SH) and metabolic syndrome (MetS).

AIM

The aim of this study was to try to find changes of lipid profile in patients who developed subclinical hypothyroidism and metabolic syndrome

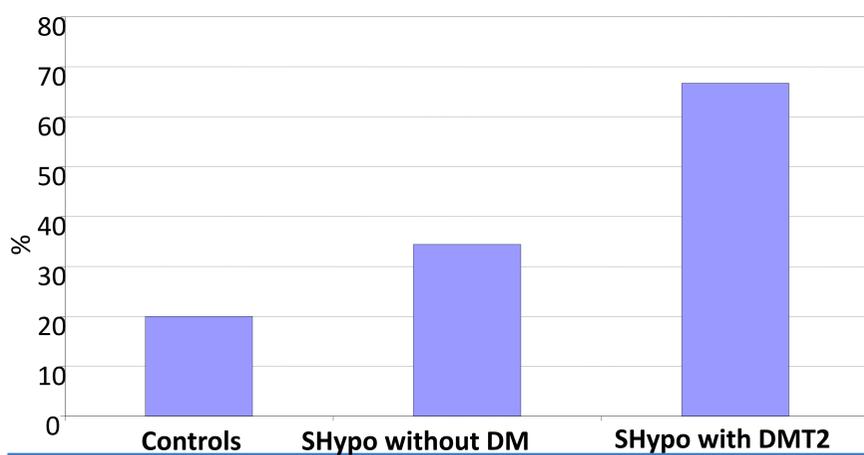
MATERIAL AND METHODS

We chose 70 patients (all females) with newly discovered SH and 20 healthy controls, mean age 51.1 (± 6.79). The parameters that we determined are: TSH, FT4, AntiTPO-At, triglycerides, whole, LDL and HDL cholesterol. For statistical calculations we used EXCEL, Med-Calc and SPSS Programs.

RESULTS

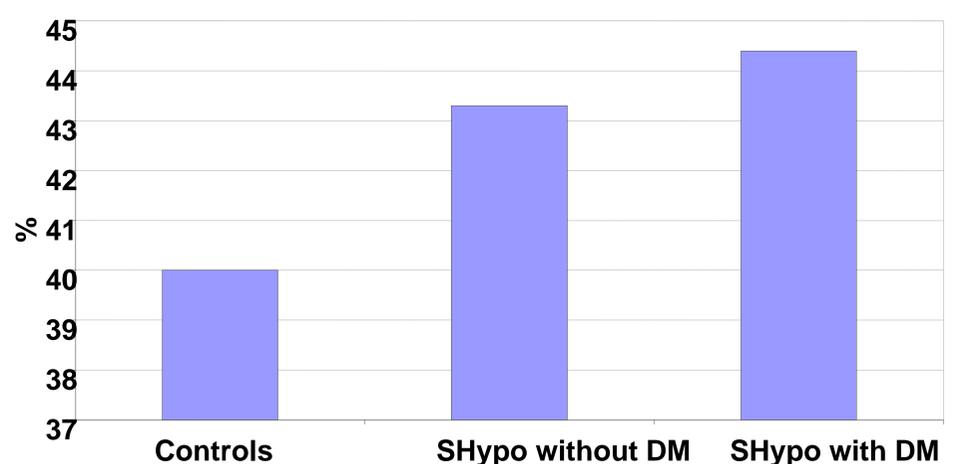
The patients were additionally divided in 2 subgroups, considering existence of D.mell.type2 (DM), 1 with and the other without DM. The patients had higher levels of whole and LDL cholesterol than the control group ($p=0.02$). The levels of triglycerides had no difference between groups. The percentage of women with level of HDL cholesterol lower than 1.29 mmol/L is almost the same in the 3 groups ($p=0.953$). The percentage of women with level of triglycerides higher than 1.69 mmol/L is statistically significant between 3 groups ($p=0.01$). We didn't find correlation between TSH, FT4 and antiTPO-At and levels of triglycerides and cholesterol.

Concentration of Tg $\geq 1,69$ mmol/L



Percentage of patients with concentration of Tg >1.69 mmol/L is significantly different between three groups ($p=0.010$). The greatest percentage of patients with high Tg is in the group with subclinical hypothyroidism and Diabetes mellitus typ2 (66,7%), and the lowest is in the control group (20%).

Concentration of HDL-C $\leq 1,29$ mmol/L



Percentage of patients with concentration of HDL-h < 1.29 mmol/L is almost the same in the three groups ($P=0.953$)

Components of MetS	Controls	SH without DMT2	SH with DMT2
Waist ≥ 80 cm	50 %	93,4 %	93,4%
HDLcholesterol $\leq 1,26$ mmol/l	40%	43,3%,	44,3%
Triglycerids $\geq 1,69$ mmol/l	20%	34%	66,7%
Glicaemia $\geq 5,6$ mmol/l	20%	34,4%	94,4%
TA $\geq 130/85$ mmHg	20%	52%	78.9%

CONCLUSION

Considering the results of this study we may conclude that the patients with SH and MetS may have a higher risk for developing coronary disease and/or hypertension