

A STUDY TO FIND OUT THE CLINICAL PROFILE OF HYPOTHYROIDISM

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Abstract:

Background- To findout the clinical profile of hypothyroidism.

Method- patients presented with sign and symptoms of disease were included, period was about 2 month from 8th of April – 31st may 2018. Investigated by the ELISA and confirmed cases were analysed. (Total 40 patients).

Result- Total 40 patients were included in the study, in which 09 were male and 31 were females. The ratio of male and female was about 0.3. Most common signs and symptoms were fatigue, wait gain, constipation, loss of libido, menstrual abnormalities (females), muscle cramps and cold intolerance. Diabetes was associated with 08 patients (20%). Subclinical hypothyroidism was present in 04 patients while overt hypothyroidism was present in 36 patients. Conclusion- inspite of specific features of hypothyroidism its common for clinicians to miss the diagnosis, our aim of this study is revise the clinical profile of the disease.

Key words – hypothyroidism, clinical features.

Introduction

A clinical disease/syndrome known as hypothyroidism results from deficient working of thyroid/thyroid hormones, leads to hypometabolic status¹. In India about 10 crore population is affected by endocrinal disorders in which thyroid disorders are most common. Also more common in female sex.^{2,3} prevalence of hypothyroidism in India is about 5-6%.⁴ primary hypothyroidism is more common than central.^{5,6} subclinical hypothyroidism also known as mild thyroid failure is defined as normal T4 level while TSH higher than normal reference range, prevalence is upto 8% in Indian population.⁷ when TSH is high

and T4 level is lower than reference range known as overt hypothyroidism.⁸

Material and methods

A prospective observational study was performed in the 350 bedded district hospital affiliated with government medical college datia between April to may 2018. Total of 40 patients who were confirmed case of hypothyroidism were included in the study with age more than 14 years. Pregnant women were excluded. Detail biodata, history of illness, clinical symptoms, signs, laboratory investigations and sonographic examination was performed and collected in preformed case sheets. And Data was analysed.

Results

Total 40 patients were included in the study, in which 09 were male and 31 were females. The ratio of male and female was about 0.3. Most common signs and symptoms were fatigue, weight gain, constipation, loss of libido, menstrual abnormalities (females), muscle cramps and cold intolerance. Diabetes was associated with 08 patients (20%). Subclinical hypothyroidism was present in 04 patients while overt hypothyroidism was present in 36 patients.

Discussion

Ratio of about 0.3 was there, our findings are similar with previous studies^{1,9,11}. Most patients in our study were in age group <40 years. The incidence of cold intolerance was about 38% same as previous studies^{10,11,12}. Incidence of constipation was 83%, previous study¹¹ also correlates with us. Other clinical features like fatigue, anemia, bradycardia, high BMI, Depression

Infertility, Menstrual irregularities were common in our study. Other signs and symptoms like hoarseness of voice was not present in our study. While association with diabetes was common.

Conclusion

In spite of specific features of hypothyroidism it is common for clinicians to miss the diagnosis, our aim of this study is to revise the clinical profile of the disease.

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