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Thyroid function status and related factors in children with Type-1 diabetes mellitus

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Aim: Auto immune endocrinopathies could be co-occurred with type one diabetes mellitus in some cases but not all. Here we tried to investigate prevalence of hypo and hyperthyroidism in children with type one diabetes mellitus and related factors.

Method: Ninety one patients with stable T1D aged 2–18 years with no history of recent infection were included. Written informed Consents were taken from the parents before enrollment. Variables were age, gender, weight and height percentile, body mass index, thyroid status, blood pressure, HbA1C, serum creatinine, 24 hours urine albumin and GFR, compared against thyroid function status, using appropriate statistical approach.

Results: Total of 91 patients, 11 patients (12.1%) were hypothyroid, 2 patients (2.2%) were hyperthyroid, and 78 reminded patients (85.7%) were euthyroid. Tanner stage, Body mass index and weight percentile were significantly associated with thyroid function status. Most of the euthyroid patients were at pre pubertal stage.

Conclusion: It seems that co-existed thyroid function abnormalities in diabetes mellitus are exacerbated by progress in puberty. Higher weight percentile and body mass index in thyroid may be cause or impact of thyroid function abnormality. Treatment with Insulin also may be suspected.

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