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Modifications in body composition, dietary registration, physical activity and analytical variables in patients with thyroid dysfunction before and after normalization

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Thyroid diseases represent, after diabetes mellitus type 2, the reason for endocrinological consultation most frequently attended by family doctors. According to a meta-analysis published by Garmendia et al, it is estimated that the average prevalence of thyroid disease in Europe is approximately 11%. The impact of thyroid dysfunction on body composition is not well known, such hormones play a crucial role in the control of energy homeostasis so they can influence body composition. Several authors state that in hypothyroid patients after achieving euthyroidism no significant changes in body composition are observed. In subsequent research, we talk about the decrease in body weight, fat-free mass and muscle mass, without significant changes in fat mass. In reviewed studies on hyperthyroidism and changes in body composition it is found that changes in body composition were not detected, unlike other authors who talk about the priority increase in lean mass before fat mass. Subsequent studies showed that upon reaching euthyroidism patients increased body weight, BMI, fat mass, and lean mass. The objective of this study is to evaluate changes in weight and body composition of recently diagnosed hyperthyroid and hypothyroid patients and the change in them after reaching euthyroidism. Changes in body composition will be evaluated by bioimpedance, anthropometry, frequency of consumption questionnaire, 24-hour reminder, and IPAQ questionnaire. We studied 30 hyperthyroid patients, 30 hypothyroid and 30 euthyroid. Intestinal peptide changes after reaching euthyroidism will be evaluated by analytical analysis. The purpose of this research is to find information about the changes in the parameters mentioned above in both hyperthyroid and hypothyroid patients, which is not yet clear, or there are not enough updated data of them.

Biography

Erika Cabello has completed her graduation in Nutrition and Dietetics and a Master's degree in Personalized and Community Nutrition. She is currently pursuing her second year of Doctorate in Medicine at the University of Valencia with the line of research of Endocrinology and Nutrition at the General University Hospital of Valencia, Spain.

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