
**A STUDY OF CARDIOVASCULAR DISEASE RISK FACTORS IN
PATIENTS WITH SUBCLINICAL HYPOTHYROIDISM IN A TERTIARY
CARE HOSPITAL**

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ABSTRACT

AIMS AND OBJECTIVE: -

1. To estimate the prevalence of cardiovascular risk factors in patients with subclinical hypothyroidism.
2. Presence of risk factors thus confirms cardiovascular events in subclinical hypothyroidism.

TYPE OF STUDY: - Observational descriptive study.

MATERIALS AND METHODS: -

Sample size-60

Sampling technique - convenience sampling.

INCLUSION CRITERIA –Adults who give consent for the study in the age group of 18- 60 years and fit into the criteria for subclinical hypothyroidism attending the OPD and patients getting admitted on IPD basis in SDM hospital .

EXCLUSION CRITERIA – Diagnosed as hyperthyroid or hypothyroid and on

Medication that affect thyroid hormone levels

RESULTS: -

The observational study was done to look for the prevalence of cardiovascular disease risk factors in subclinical hypothyroidism individuals (60 participants).there was no correlation between the individual variables and TSH values .38.345% had elevated %had elevated FBS values,45% had elevated PPBS values ,51.7% had elevated triglycerides ,85% had less than 50 mg/dl,55% had elevated LDL values ,33.8% had elevated cholesterol levels ,50% had elevated BMI more than 25,505 had elevated blood pressure, and elevated hsCRP was also seen in many of the individual.

CONCLUSION: -

In the above study done, sub clinical hypothyroidism is a laboratory diagnosis .Similar to overt hypothyroidism in whom cardiovascular diseases risk is known entity ,sub clinical hypothyroidism is also associated with varied risks such as hypertension, dyslipidemia, elevated hsCRP , BMI , abdominal circumference , hyperglycemia . All the above are known risk factors for CVD . Hence monitoring in follow up of the sub clinical hypothyroidism patients should include screening for the above things and timely initiation of their correction can help in reducing the risk factors