

## Investigation of Lipid Parametres in Hypothyroid Patients

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**Aim:** Comparison of lipid disorders between hypothyroid patients and general population.

**Material-Methods:** The study involved a group of 217 patients (63 men, 154 women ) with median age 54,7 years and hypothyroidism (TSH>3,8  $\mu$ IU/ml). Values of following parameters were studied: total cholesterol (tot-chol), HDL – chol, LDL –chol, triglycerides (TG) .The same parameters were also registered in a random sample of 200 healthy subjects (56 men, 144women) with approximate median age (55,2 years), who visited the microbiology department for a routine check up. Subjects with Diabetes Mellitus, Hypertension, Stroke and other systematic diseases were excluded. A biochemical analyzer was used and the measures were done with colorimetric method.

### Results :

HYPOTHYROID PATIENTS				
GENDER	n	Tot-chol>200mg %	LDL-chol>160mg/dl	TG>150mg/dl
MEN	63	41 (65%)	31 (49%)	16(25%)
WOMEN	154	116 (75 %)	91(59%)	51 (33%)

RANDOM SAMPLE				
GENDER	n	Tot-chol>200 mg%	LDL-chol>160mg/dl	TG>150mg/dl
MEN	56	13(23%)	12(21%)	5(9%)
WOMEN	144	32(22%)	29(20%)	12(8%)

**Conclusions:** It is proved that hypothyroid patients have a higher percentage of lipid disorders compared to general population. Subclinical hypothyroidism is also related to lipid disorders, but in this case most of them were fixed as soon as euthyroid levels were succeeded. So it is of extreme importance to have thyroid function tests, especially if women are concerned, before a lipid lowering medication is subscribed.