

RISK FACTORS OF HASHIMOTOS THYROIDITIS (2004)

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Introduction:

Hashimotos's thyroiditis is a type of chronic lymphocytes thyroiditis characterized by gradual thyroid failure due to autoimmune destruction of thyroid gland. It is the most common type. During recent years, there has been steady increase in the occurrence of hypothyroidism, associated with Hashimoto's thyroiditis in Kerala. The study will try to +bring out the incidence, risk factors, economic burden caused by this association.

Objectives:

To study the risk factors of hashimoto's thyroiditis ands their association with the disease among 50 females who attended the Thyroid clinic and were diagnosed to have thyroiditis compared to 50 controls, from October, 2007 to January, 2008.

Methodology:

Study Design: Case Control study.

Study Subjects: 100 patients attending the thyroid clinic at MCH, Trivandrum.

Cases: 50 female patients coming to thyroid clinic at MCH diagnosed to have Hashimoto's thyroiditis by either FNAC or TPO antibody detection test.

Controls: 50 female patients of matching age.

Study setting: Thyroid clinic, MCH, Thiruvananthapuram.

Study duration: October, 2007 – September, 2007.

Data collection: Semi structured questionnaire was used. Data analysis using χ^2 , P value, odds ratio and regression.

Results:

93% of study population has salt consumption $>5g./day$.

3% of study subjects have a first degree family history of Hashimoto's thyroiditis.

9% of study population had second degree & 23% had third degree family history.

10% of Hasahimoto's thyroiditis were reported during the first year post partum period.

4% of total population has a history of autoimmune disease.

48% of women with thyroiditis were above the age of 45 yrs.

There is statically significant association between the intake of iodized salt for a period >2 yrs and development of thyroiditis ($P=0.002$, OR 3.9, 95% CI 1.32-19.4).
