

**STUDY ON THE PREVALENCE OF THYROID
DYSFUNCTION IN TYPE 1 DIABETIC CHILDREN**

Dissertation submitted to

THE TAMIL NADU DR.M.G.R.MEDICAL UNIVERSITY

In partial fulfillment of the regulations

for the award of degree of

M.D DEGREE (PEDIATRICS) BRANCH VII



**INSTITUTE OF CHILD HEALTH AND HOSPITAL FOR
CHILDREN MADRAS MEDICAL COLLEGE APRIL 2013**

CERTIFICATE

This is to certify that the dissertation titled, “Study on the prevalence of thyroid dysfunction in Type 1 Diabetic children

submitted by Dr.A.Jagadeesh, to the Faculty of Pediatrics, The Tamilnadu Dr.M.G.R Medical University, Chennai, in partial fulfillment of the requirements for the award of M.D. Degree (Pediatrics) is a bonafide research work carried out by him under our direct supervision and guidance, during the academic year 2010-2013.

Prof.V.Kanagasabai,M.D,

Dean,

Madras Medical College,

Chennai – 600003.

Prof.M.Kannaki,M.D.,DCH

Director and Superintendent,

Institute of Child Health and

Hospital for Children,

Chennai - 600008.

**Prof. Dr.P.S.Muralidharan,
M.D., DCH.,**

Professor of paediatrics,

Unit Chief, Research Guide,

Institute of Child Health

and Hospital for Children,

DECLARATION

I, **Dr.A.Jagadeesh**, solemnly declare that the dissertation titled “Study on the prevalence of thyroid dysfunction in Type 1 Diabetic children” has been prepared by me.

This is submitted to the Tamilnadu Dr. M.G.R. Medical University, Chennai in partial fulfillment of the rules and regulations for the M.D. Degree Examination in Pediatrics.

Dr.A.Jagadeesh

Place : Chennai

Date :

SPECIAL ACKNOWLEDGEMENT

My sincere thanks to **Prof. Dr.V.Kanagasabai, M.D.**, Dean, Madras Medical College, Chennai for permitting me to utilize the clinical materials of the hospital for the successful execution of my study.

ACKNOWLEDGEMENT

I express my heartfelt gratitude to **Prof.M.Kannaki, M.D.,DCH.**, Director and Superintendent, Institute of Child health and Hospital for children, Madras Medical College, Chennai for his guidance and support in the execution of this study.

I am very grateful to my unit chief, **Prof. Dr.P.S.Muralidharan, M.D., DCH.**, Professor of Pediatrics, for their constant guidance and encouragement, that made this study possible.

I express my gratitude to the Assistant Professors of Diabetology Department **Dr.S.Parivathini, MD.,DCH** and **Dr. V.Poovazhagi, MD.,DCH** and assistant professors of my medical unit, **Dr.D.Velmurugan,M.D.**, **Dr.D.Prabakar M.D.**, and **Dr. Sridevi Narayan, M.D.**, for their invaluable help and support throughout the study process.

I am extremely thankful to **Dr. K.Nedunchelian,MD.,DCH.**, for his valuable suggestions and guidance during this study.

I am extremely thankful to **Dr. S. Srinivasan, DCH.**, Medical Registrar, for his valuable suggestions and guidance during this study.

I sincerely thank all the children and their parents who have submitted themselves for this study.

**INSTITUTIONAL ETHICS COMMITTEE
MADRAS MEDICAL COLLEGE, CHENNAI -3**

Telephone No: 04425305301
Fax : 04425363970

CERTIFICATE OF APPROVAL

To
Dr. A. Jagadeesh
PG in MD Paediatrics
ICH / Madras Medical College, Chennai -3.

Dear Dr. A. Jagadeesh

The Institutional Ethics Committee of Madras Medical College reviewed and discussed your application for approval of the proposal entitled "Prevalence of thyroid dysfunction in type 1 diabetic children at ICH & HC, Madras Medical College, Chennai " No. 29082011.

The following members of Ethics Committee were present in the meeting held on 16.08.2011 conducted at Madras Medical College, Chennai -3.

- | | |
|--|---------------------|
| 1. Prof. S.K. Rajan, MD | -- Chairperson |
| 2. Prof. V. Kanagasabai, MD
Dean, Madras Medical College, Chennai-3, | -- Deputy Chairman |
| 3. Prof. A. Sundaram, MD
Vice Principal , Madras Medical College, Chennai -3 | -- Member Secretary |
| 4. Prof R. Sathianathan , MD | -- Member |
| 5. Prof R. Nandhini, MD
Director, Institute of Pharmacology, MMC, Ch-3 | -- Member |
| 6. Prof. C. Rajendiran, MD
Director , Institute of Internal Medicine, MMC, Ch-3 | -- Member |
| 7. Thiru. A. Ulaganathan
Administrative Officer, MMC, Chennai -3 | -- Layperson |
| 8. Thiru. S. Govindasamy . BA.BL | -- Lawyer |
| 9. Tmt. Arnold Soulina MA | -- Social Scientist |

We approve the proposal to be conducted in its presented form

Sd / . Chairman & Other Members

The Institutional Ethics Committee expects to be informed about the progress of the study, any SAE occurring in the course of the study, any changes in the protocol and patient information / informed consent and asks to be provided a copy of the final report


Member Secretary, Ethics Committee

Turnitin Document Viewer - Google Chrome

https://turnitin.com/dv?o=294952618&u=1014644304&s=&student_user=1&lang=en_us

TNMGRMU APRIL 2013 EXAMINATIONS Medical - DUE 31-Dec-2012

Originality | GradeMark | PeerMark

study on the prevalence of thyroid

BY JAGADEESH 20103009 M.D. PAEDIATRICS

turnitin 13% SIMILAR OUT OF 0

Match Overview

1	www.mmc.tn.gov.in	3%
2	Kostas Kakleas. "Facto...	2%
3	peac-bc.cicese.mx	1%
4	www.thyroidscience.com	1%
5	www.biomed.cas.cz	1%
6	www.hormones.gr	1%
7	www.ncbi.nlm.nih.gov	<1%
8	www.atyourservice.ucop.	<1%


STUDY ON THE PREVALENCE OF THYROID DYSFUNCTION IN TYPE 1 DIABETIC CHILDREN

10 Dissertation submitted to

THE TAMIL NADU DR.M.G.R.MEDICAL UNIVERSITY

In partial fulfillment of the regulations for the award of degree of

M.D DEGREE (PEDIATRICS) BRANCH VII



start | Ps | jacinth sho... | final (Previ... | jag pla - Mi... | final.pdf - ... | Turnitin - G... | Turnitin Doc... | 9:33 PM

turnitin

Class Portfolio | Peer Review | My Grades | Discussion | Calendar

NOW VIEWING: HOME > TNMGRMU APRIL 2013 EXAMINATIONS

Welcome to your new class homepage! From the class homepage you can see all your assignments for your class, view additional assignment information, submit your work, and access feedback for your papers.

Hover on any item in the class homepage for more information.

Class Homepage

This is your class homepage. To submit to an assignment click on the "Submit" button to the right of the assignment name. If the Submit button is grayed out, no submissions can be made to the assignment. If resubmissions are allowed the submit button will read "Resubmit" after you make your first submission to the assignment. To view the paper you have submitted, click the "View" button. Once the assignment's post date has passed, you will also be able to view the feedback left on your paper by clicking the "View" button.

Assignment Inbox: TNMGRMU APRIL 2013 EXAMINATIONS

Info	Dates	Similarity	
Medical	Start 21-Nov-2012 11:24AM Due 31-Dec-2012 11:59PM Post 07-Jan-2013 12:00AM	13%	Resubmit View Download
Dental	Start 27-Nov-2012 12:43PM Due 31-Dec-2012 11:59PM Post 07-Jan-2013 12:00AM		Submit View Download

https://turnitin.com/s_class_portfolio.asp?r=89.5537671696882&svr=5&lang=en_us&aid=80345&cid=5807035

start | Ps | jacinth shobah md | final (Preview) - ... | jag pla - Microso... | final.pdf - Adob... | Turnitin - Google... | 9:33 PM

CONTENTS

Sl. No.	Title	Page No.
1	INTRODUCTION	1
2.	REVIEW OF LITERATURE	9
3.	STUDY JUSTIFICATION	15
4.	AIM OF THE STUDY	17
5.	SUBJECTS AND METHODS	18
6.	OBSERVATIONS	26
7.	DISCUSSION	51
8.	CONCLUSION	62
9.	BIBLIOGRAPHY	
	ABBREVIATIONS	
	ANNEXURE	

**STUDY ON THE PREVALENCE OF THYROID
DYSFUNCTION IN TYPE 1
DIABETIC CHILDREN**

INTRODUCTION

Type 1 diabetes mellitus (T1DM) is an autoimmune disease resulting in insulin deficiency. In the recent two decades, the world wide prevalence of diabetes mellitus (DM) has increased significantly.⁽¹⁾ There is a genetic predisposition towards T1DM. This also predisposes these individuals to other autoimmune diseases such as thyroid disease, celiac disease and adrenal insufficiency. Of all the above mentioned diseases autoimmune thyroiditis (AIT) is the most frequently encountered one.^(2, 3) According to various studies, 15-30% of T1DM patients have AIT,⁽⁴⁻⁷⁾ 4-9% have celiac disease and 0.5% have Addison disease.⁽⁷⁾

AIT is the most frequent autoimmune disease seen in diabetic children. To diagnose AIT, thyroid peroxidase (anti-TPO) and thyroglobulin (anti-TG) antibodies are measured. The prevalence of these antibodies depends mainly on sex, age at onset of

hypothyroidism and duration of diabetes . Geographic location is an important determining factor and the prevalence is high in areas with higher iodine intake (De Block *et al.* 2001).

AIT is often clinically silent but it may progress to overt or subclinical hypothyroidism or hyperthyroidism⁽⁸⁾. When compared to the general population the positivity of anti-thyroid antibodies was found to range from 2.9% - 3.4%^(9,10) while in T1DM children it was between 18.5% - 24.6%.⁽¹¹⁻¹³⁾ These thyroid antibodies may be seen just temporarily also.(Vondra *et al*1996).

According to previous studies age and sex are important risk factors to develop AIT, ^(11,13,14,15,16) while there are very limited studies to correlate the age at thyroid diagnosis ^(11,14), duration of diabetes ^(14,16,17) and the development of thyroid antibody positivity.

EFFECT OF DIABETES ON THYROID FUNCTION

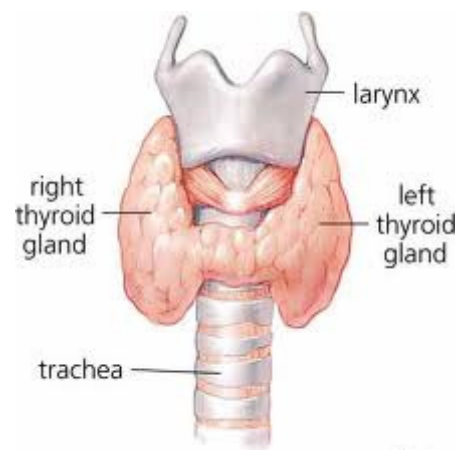
In T1DM children with normal thyroid function, the T3 and TSH levels may be strongly influenced by the glucose levels . T1DM which is poorly controlled may induce a low T3 state and it is the long term diabetic control that determines the T3 and TSH levels.⁽⁵⁸⁾

EFFECT OF HYPOTHYROIDISM ON DIABETES

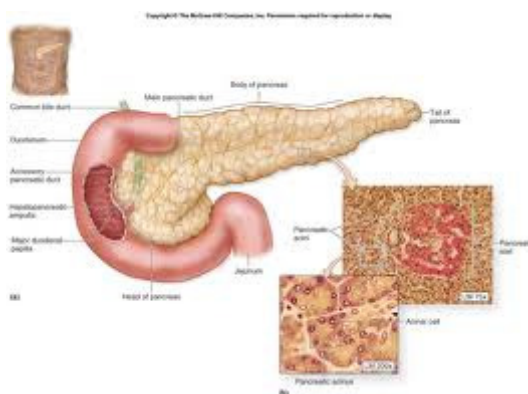
In children with hypothyroidism the insulin synthesis is decreased. Gluconeogenesis is also reduced. It has been proposed that there is a postreceptor defect which explains the decrease in insulin stimulated utilization of glucose that occurs in peripheral tissues. This predisposes to hypoglycemia in these children.⁽⁵⁹⁾

Clinical status	Effect on blood glucose	Effect on Thyroid function
T1DM- With normal thyroid function		↓ T3 ↓ TSH
T1DM– in hyperthyroidism individuals	Poor control of glucose	↑ risk of ocular involvement
Hyperthyroidism – In euglycemic children	Glucose intolerance	Overt diabetes

Hyperthyroidism- In T1DM children	Poor control of diabetes	
Hypothyroidism- in diabetic children	Predisposes to recurrent hypoglycemia	
In Type 1 diabetic children		↑ Risk of thyroid disease



Carolyn Swenson



Both thyroid hormones and insulin are closely related that T1DM and thyroid dysfunction mutually influence the disease process of each other. In hyperthyroidism, it will be difficult to maintain the glycemic status thereby making the management of diabetes difficult. T1DM children with hyperthyroidism might need a increase in daily insulin requirement and hence there is increased risk of diabetic ketoacidosis.^(18,19)

Hypothyroidism usually predisposes to hypoglycemia . Hypothyroidism as such causes growth retardation , increase in weight, menstrual irregularities, abnormal lipid elevations and it can also lead to cardiac complications in these T1DM children.⁽⁸⁾

In previous studies overt hypothyroidism occurs in 1-5% and hyperthyroidism occurs in 0.5-7% individuals.^(3,20)Since the prevalence of AIT is increasing in T1DM children, these children should undergo screening either by using TSH or measurement of thyroid antibodies. Despite this fact, there is still no clear consensus regarding screening of AIT and thyroid function in T1DM.⁽²¹⁾

In AIT antibodies are produced against thyroglobulin (Tg), a colloid, and thyroid peroxidase (anti-TPO), which helps in the formation of thyroid hormones⁽²³⁾

In T1DM children, the prevalence of anti TPO antibody was found between 10.3% and 28.4% whereas anti-Tg was found to range between 8.8% and 14.5%.^(24,25,26,27) In the presence of both of these antibodies it was between 5.9%–7%.^(24,26,27) These antibodies are usually not detected at diagnosis, but they may be seen after sometime in the course of the disease particularly in those children who are genetically predisposed.^(11,17) In another study, 16.7% of the patients was found to have AIT at the onset of diabetes.⁽¹⁷⁾

In these children with AIT, family history of diabetes and family history of thyroid abnormalities should be taken into account. This is because AIT occurs more frequently in individuals with strong family history because of genetic predisposition in causing this autoimmunity.

In girls particularly in adolescents, history of menstrual irregularities should be asked for, since both delayed and precocious puberty is well known to occur. Also features of any specific syndrome (Eg: Down syndrome) should be looked for, since AIT is more common along with T1DM in these children.

Intake of specific drugs triggering AIT and T1DM should be noted. Any stressful event in the form of trauma, infection, exanthematous illness also to be looked for.

Nearly one third of all T1DM children have co-existent AIT and a high prevalence of thyroid dysfunction which is predominantly hypothyroidism (clinical or subclinical) whilst a very few have hyperthyroidism. Since the prevalence of thyroid dysfunction in T1DM children is high, the importance of screening for AIT have been emphasized.

DEFINITIONS :

Overt hypothyroidism: was defined as elevated TSH and low T4,

Subclinical hypothyroidism as elevated TSH and normal T4,

AutoImmuneThyroiditis (AIT)

Positivity of at least one antibody either TPO or Tg, or pathological evidence was considered to be having AIT.

REVIEW OF LITERATURE:

Ardestani et al

Objective: Studies in different populations have shown great variation in the prevalence of thyroid diseases in individuals with T1DM. The objective was to study the prevalence of thyroid disorders such as autoimmunity of thyroid (AIT), thyroid dysfunction, and goiter in children with T1DM

Findings: The prevalence of subclinical hypothyroidism was high in both groups (18%). T1DM patients had lower frequency of goiter (21% vs. 38%), and higher prevalence of positive AIT (22% vs 8%), anti-TPO Ab positivity (19.2% vs. 5.2%), anti-Tg Ab (11.1% vs. 6.4%)

Conclusion: Results demonstrated the high prevalence of AIT and thyroid dysfunction in patients with T1DM and regular thyroid function and antibody testing was suggested.

Kostas kakleas et al

Anti-TPO was seen in 17.3% while anti-Tg was 11.1%, and of both anti-thyroid antibodies (10.4%). The presence of anti-thyroid antibodies had a positive association with age, duration of diabetes, and TSH levels. In general there is a female preponderance for AIT. Though the prevalence of AIT was more common in middle aged women, it still may start in early childhood. Hence early recognition forms an important aspect in the long term management of these children.

Ismael et al Diabetic care:

Study period: 2001

Study design: Descriptive study

.Sample size: 17,749 patients

Conclusion: 15% patients had AIT. Increase positivity were seen during the second decade.

More common in women. Treatment may be initiated if the antibody levels are too high, so that complications of hypothyroidism can be prevented.

Kordonouri et al, BMJ

Study period: 1990 - 2003

Study design: Longitudinal study

Study population: Children with Type 1 diabetes.

Methodology: Antithyroid antibodies were done in T1DM children and correlated with age, gender and duration of diabetes

Results:

When screened initially, 15.4% of patients were positive for anti-TPO and 14.4% were positive for anti-Tg. The incidence of AIT after a decade was significantly higher particularly after 12 years of age.

Individuals with AIT had poor glycemic control and frequent admissions. Also the lipid parameters were significantly elevated. Already individuals with T1DM are more prone for metabolic syndrome complications, and AIT still more worsens it.

Guillermo et al, Diabetic care

*Study period:*1983-2001

Study design: Randomized control trial

Sample size: 58 individuals

Results: 18 patients developed AIT, and 1 of them developed hyperthyroidism. AIT was seen more in females (41%). No significant association was found in BMI, lipid parameters, and glycemic control in individuals with AIT.

Those individuals with AIT who were promptly managed had less complications in terms of cardiovascular, metabolic, menstrual irregularities when compared to those individuals who didn't take treatment.

Pasupathi et al

The main objective was to investigate the effect of diabetes on thyroid hormone levels and other biochemical variables. The study population had 200 subjects who were divided into two groups: diabetic and non-diabetic. A significant increase in the levels of blood glucose, HbA1C, cholesterol, triglyceride were observed in diabetic patients compared to non-diabetic subjects. TSH levels was significantly decreased whereas T_4 and T_3 levels were significantly increased in diabetic patients when compared to controls.

However, the T_4 and T_3 levels did not differ significantly between the two groups. Of the 100 diabetic patients, 27% had low thyroid hormone levels, 16% had high thyroid hormones, and 55% had normal levels. This study demonstrated high incidence of abnormal thyroid hormone levels among the diabetics. To conclude, the detection of abnormal thyroid hormone levels in the early stage of diabetes mellitus will help the patients to detect the complications associated with it.

Pranzy et al

The aim of this study was to detect subclinical AIT. The presence of antibodies was correlated with the control of diabetes. Fifty-one type 1 diabetic patients (mean age 37 ± 11 years, mean duration of diabetes 16 ± 13 years) were included into this study. TPO , Tg and TSH were measured by RadioImmunoAssay.

11 new cases of thyroid dysfunction (22 % of patients) were detected by the estimation of thyroid antibodies and TSH. Two new cases of hyperthyroidism were diagnosed during the study. In both patients with hyperthyroidism the control of diabetes initially worsened and improved after treatment. The screening of antibodies in type 1 diabetic patients revealed subclinical cases of AIT . Subclinical forms of these disorders have no influence on the control of diabetes . It was suggested to follow-up the patients with positive antibodies because further deterioration of the thyroid function can be expected.

STUDY JUSTIFICATION:

Finding of hypothyroidism in our T1DM children attending diabetic clinic when they are routinely screened for the same and unavailability of clear data regarding the prevalence of autoimmune thyroiditis in these T1DM children prompted us to do the study. We have a separate diabetic clinic where the patients are being followed up. In their routine screening we found a significant number of cases to overt hypothyroidism. In order to have a data for our own diabetic children and to demonstrate the autoimmunity we have decided to do this study.

Although it is generally agreed that because of increasing prevalence of AIT in T1DM children, screening for AIT in all T1DM is justified,^(4,5) it is still not agreed which is the best method and how often to perform. The American Diabetes Association^{(6) (7,8)} have recommended to use TSH as a screening tool in T1DM children once a year., as autoantibodies may still persist for many years without thyroid dysfunction.

However, the American Diabetes Association have suggested that the presence of thyroid autoantibodies increases the risk for thyroid disease. These evidences clearly show that the incidence of autoimmune thyroid disease is highly increased in T1DM children when compared to the general population^(7,8) But controversy still remains regarding the management when antibodies alone are positive.

From previous studies it is clear that the prevalence of thyroid antibodies in patients with type 1 diabetes increases with age, female sex and duration of diabetes.^(18,19)

Hence we confirm the recommendation that thyroid testing be done at diagnosis and annually in children with type I diabetes.^(30,31) Also there are a very few studies which have analysed the risk factors to relate AIT with T1DM^(3,30) . It is noteworthy that there are limited studies to demonstrate the influence of AIT on BMI of children with T1DM. Hence we decided to study the effect of AIT on the BMI of children with T1DM and glycemic control in patients with thyroid dysfunction. Also the effect of thyroid dysfunction in these individuals was also correlated.

AIM OF THE STUDY:

- To study the prevalence of thyroid dysfunction among children with newly diagnosed Type 1 diabetic children attending Diabetic clinic at Institute of Child Health from August 2011 to october 2012.
- To correlate the effect of thyroid dysfunction on age, gender, duration of diabetes, glycemic control, lipid abnormality and BMI in these T1DM children.

SUBJECTS AND METHODS:

1. Methodology

a) Study design:

Descriptive study design

b) Place:

Diabetic clinic,

Institute of Child Health ,Egmore, chennai

c) Period of study:

August 2011 – October 2012

D) Study population

Case definition:

Diabetes: Children with history of polydipsia, polyphagia, polyuria and

Fasting blood glucose ≥ 126 mg/dl

Random blood glucose ≥ 200 mg/dl

Inclusion criteria: All children attending diabetic clinic at ICH who were diagnosed with T1DM.

Exclusion criteria:

- I. Children diagnosed to have secondary diabetes, secondary to drugs.(Drugs include steroids, asparaginase, phenytoin)
- II. Children with dysmorphic or syndromic facies.
- III. Patients found to be having hypothyroidism prior to diagnosis of diabetes
- IV. Neonatal diabetes and in infants less than 1 year.

Sample size: 142 patients (All consecutive subjects were included)

Institutional Ethical Committee approval was obtained.

Informed consent was obtained from each parent before recruitment

2.Manouvres :

- Clinical examination of thyroid gland and Goiter grading was done according to WHO/UNICEF/ ICCIDD classification ⁽³²⁾
- Thyroid profile which includes serum T3, T4,TSH levels

Serum T3 and T4 concentrations were measured using Competitive chemiluminescent immunoassay.

Normal range for T3 level: 60 - 200 ng/dl

T4 : 4.5 – 12 microgram/dl.

Serum TSH concentrations were determined with ultrasensitive sandwich chemiluminescent assay.

Normal range for TSH level : 0.3-5.5 microU/ml.

Overt hypothyroidism was defined as elevated TSH and low T4, subclinical hypothyroidism as elevated TSH and normal T4, overt hyperthyroidism as low TSH and elevated T4 and subclinical hyperthyroidism as low TSH and normal T4.

Serum anti-TPO antibody and anti-Tg antibody were measured by solid phase enzyme assay.

Anti-Tg antibody > 325 IU/ml

Anti-TPO concentrations >50 IU/ml, respectively, were considered positive.

Positivity of at least one antibody was considered as having AIT.

Thyroid ultrasonography was done in children with positive anti-thyroid antibodies, with or without elevated TSH. AIT was diagnosed when there is thyroid enlargement⁽³³⁾ with diffuse hypoechogenicity and/or diffuse micronodules⁽³⁴⁾

AIT was diagnosed when TSH is elevated (>5 μ IU/mL), associated with the presence of at least one thyroid autoantibody, with or without ultrasonographic evidence of thyroiditis.⁽³⁴⁾

Clinical hypothyroidism is said to be present when there is low T4 and TSH levels with or without goitre.

- Lipid profile : S. Cholesterol & S.Triglycerides were done.
S.cholesterol > 200 , S.Triglycerides > 150 was taken as abnormal.⁽²⁰⁾
- USG of thyroid gland: Diffuse hypogenecity was suggestive of AIT.
- HbA1C > 10 was taken as having poor control.⁽²⁷⁾
- Hypoglycemic episodes : It was taken as significant when it is symptomatic. (sweating, palpitations and seizures)
- BMI > 22 was taken as overweight and >25 as obese.⁽²⁷⁾

DIABETIC CHILD WITH GOITRE



**ULTRA SONOGRAPHY OF THYROID SHOWING
HYPOECHOGENECITY**



3. Statistical analysis

- Descriptive data was be used to calculate the prevalence.
- Correlation of thyroid dysfunction on the age, gender, duration of diabetes, glycemic control, effect on BMI and lipid abnormality will be calculated using

A) Univariate analysis

B) Multivariate analysis

Quantitative variables are presented as mean±SD .

Qualitative variables were compared by Chi-square test. Correlation between quantitative variables was calculated by *P*-value and <0.05 was considered statistically significant.

Data analysis was done using SPSS 16.0 version.

OBSERVATIONS:

One hundred and forty two children with T1DM were enrolled into the study.

- 23 (16%) of the diabetic children had overt hypothyroidism.
- 12 (8%) children with T1DM had subclinical hypothyroidism.

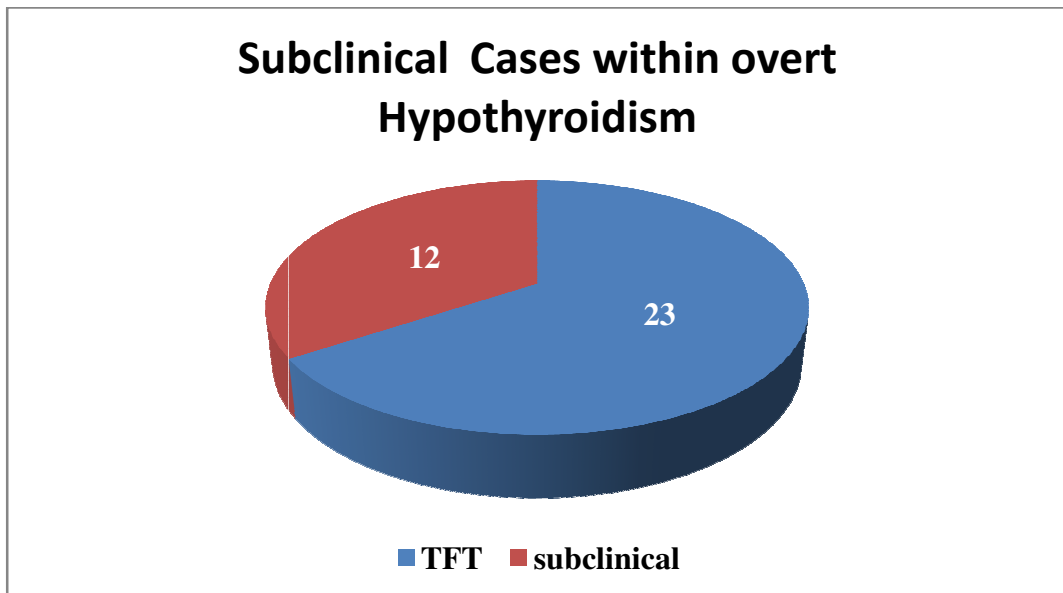


Fig 1

- Subclinical hyperthyroidism and overt hyperthyroid disease was not detected in any case with T1DM .
- Among the diabetic children 30 (**21%**) were found positive for Anti-TPO antibodies and 21(**14%**) were positive for Anti Tg antibodies. 19 (**13%**) children were found positive for both anti-TPO and anti-Tg antibodies.

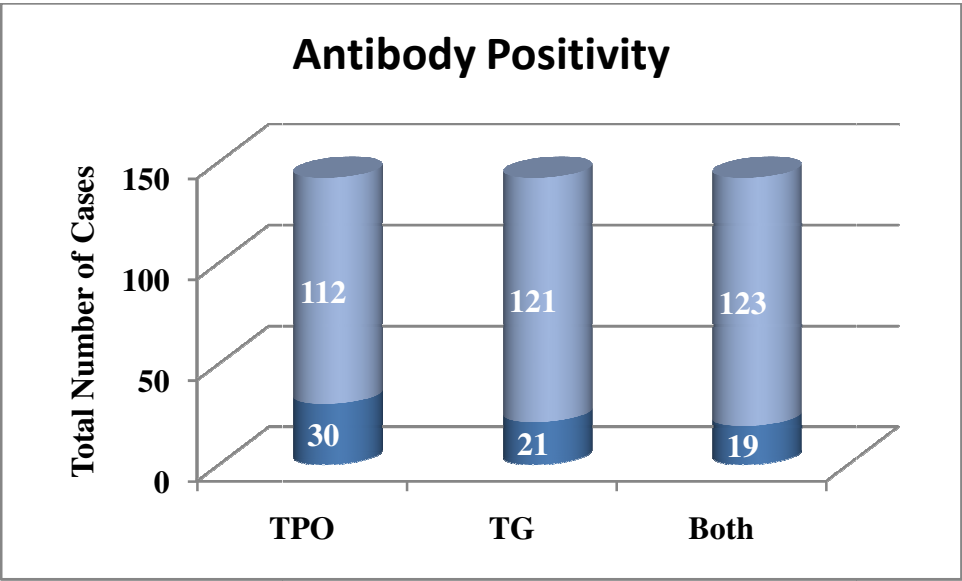


Fig 2:

- The overall prevalence of AIT based on the positivity of any one of these antibodies in diabetic children was 32 (**22.5%**) .
- Diabetic children with AIT had higher prevalence of thyroid dysfunction 23 (**16%**). Association of autoimmune antibodies and hypothyroidism was significant (p- 0.002).
- Among the children with overt hypothyroidism 17 (73%) were positive for TPO antibodies, 12 (52%) were positive for TG antibodies and 11(47%) for both of these antibodies.

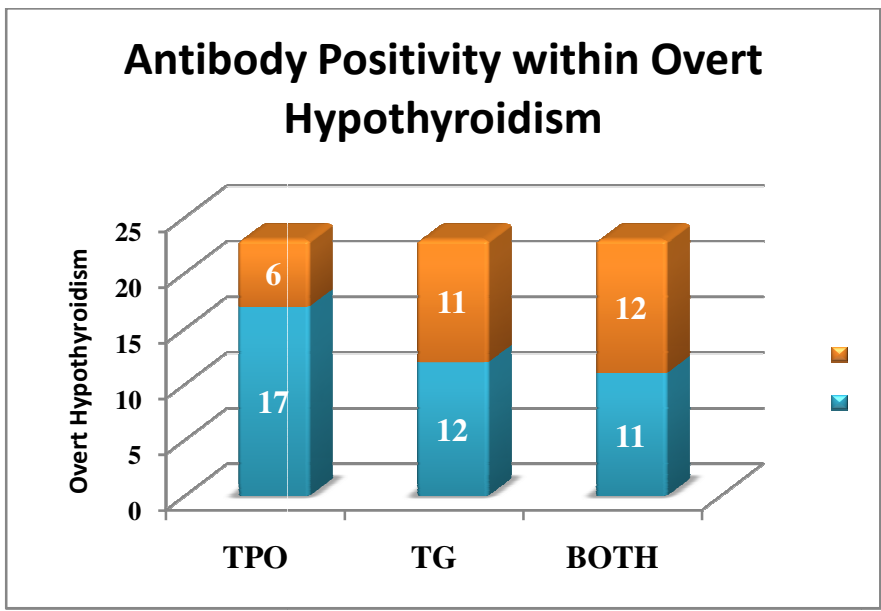


Fig 3:

- 5 (**3.5%**) children had lab evidence of hypothyroidism but negative for antibodies.
- 12 (**8.4%**) children were positive for antibodies but no lab evidence for hypothyroidism.
- None had the clinical features of hypothyroidism.

In these T1DM children with presence of any of these antibodies (anti-TPO and anti-Tg) correlation was done with sex, duration of diabetes, age at onset of hypothyroidism, lipid profile including cholesterol and triglycerides, glycemic control using HbA1C, presence of thyroid enlargement, presence of thyroid echogenicity on USG, and subclinical hypothyroidism. BMI was compared in these individuals with and without AIT.

- In 2 of these 32 children (**6.2%**) were positive for AIT at the onset of diabetes.
- Anti-TPO antibodies were found positive at **3.01 ± 3.5** years after the onset of diabetes. Anti-Tg were positive **3.5 ± 2.5** years after the onset of diabetes. Both anti-TPO and anti-Tg were found positive **3.6 ± 2.5** years after the onset of diabetes.
- The mean ± SD age at onset of hypothyroidism with positive TPO antibodies was **6.97 ± 3.53** years , with Tg antibodies it

was **6.64 ± 3.4** . The mean ± SD BMI of the children without AIT was **15.8 ± 1.5** while the mean BMI in children with AIT was **18.5 ± 2.6**.

- The prevalence of goiter in the study group with positive TPO antibodies was 16 (**94%**), with TG antibodies it was 13(**76.5%**) and it was 12 (**70.6%**) when positive for both antibodies.

Multivariate logistic regression analysis was done to correlate age at onset of hypothyroidism, gender, duration of diabetes, against AIT. The effect of AIT on the glyceamic control, lipid abnormality, BMI were analysed. In children with AIT, the presence of thyroid enlargement and sonographic evidence of AIT were also analysed. (Table 1,2,3,4,5)

Table 1: Univariate analysis showing comparison of factors with TPO positivity

n=30					
CHARACTERISTICS	N	POSITIVITY	%	P-VALUE	RESULT
SEX					
Male	52	3	5.8		
Female	90	27	30.0	0.002	Sig
HYPOGLYCEMIC EPISODE					
No episode	100	23	23.0		
1 or more	42	7	16.7	0.399	NS
CHOLESTROL					
Normal	119	18	15.1		
Abnormal	23	12	52.2	0.003	Sig-f
TRIGLYCERIDES					
Normal	120	20	16.7		
Abnormal	22	10	45.5	0.002	Sig-f
BOTH					

Normal	128	22	17.2		
Abnormal	14	8	57.1	0.002	Sig-f
HbA1C					
Fair	101	17	17.0		
Poor	41	13	31.7	0.049	Sig
GOITRE					
Present	17	16	94.1		
Absent	125	14	11.2	0.001	Sig-f
USG-AIT					
Present	18	17	94.4		
Absent	124	13	10.5	0.001	Sig-f
SUBCLINICAL HYPOTHYROIDISM					
Absent	133	26	19.5		
Present	9	4	44.4	0.077	NS

CHARACTERISTICS	n	POSITIVITY	P-VALUE	RESULT
		MEAN(S.D)		
BMI	30	15.7(1.5)	0.252	NS
DURATION	30	3.01(2.48)	0.001	Sig
BMI1	30	18.55(2.64)	0.465	NS

$P < 0.05$, statistically significant- chi square test, f-fischer test

Table 2: Univariate analysis showing comparison of factors with TG positivity

CHARACTERISTICS		POSITIVITY	%	P VALUE	RESULT
SEX					
Male	52	1	1.9	0.001	Sig
Female	90	20	22.2		
HYPOGLYCEMIC EPISODE					
No episode	100	15	15.0		
1 or more	42	6	14.3	0.913	NS
CHOLESTROL					
Normal	119	13	10.9	0.007	Sig-f
Abnormal	23	8	34.8		

TRIGLYCERIDES					
Normal	120	13	10.8	0.005	Sig-f
Abnormal	22	8	36.4		
BOTH					
Normal	128	14	10.9	0.001	Sig-f
Abnormal	14	7	50.0		
HbA1C					
Normal	101	12	11.9	0.126	NS
Abnormal	41	9	22.0		
GOITRE					
Present	17	13	76.5	0.002	Sig-f
Absent	125	8	6.4		

USG-AIT					
Present	18	14	77.8	0.023	Sig-f
Absent	124	7	5.6		
SUBCLINICAL HYPOTHYROIDISM					
Absent	133	19	14.3	0.622	NS
Present	9	2	22.2		

CHARACTERISTICS	n	POSITIVITY	P Value	RESULT
		MEAN(S.D)		
BMI	21	15.8(1.5)	0.594	NS
DURATION	21	3.5(2.4)	0.004	Sig
BMI1	21	18.7(2.5)	0.304	NS

P < 0.05, statistically significant- chi square test, f-fischer test

Table 3: Univariate analysis showing comparison of factors with Both TPO and TG positivity

TPO and TG

CHARACTERISTICS		POSITIVITY	%	P value	RESULT
SEX					
Male	52	1	1.9	0.002	Sig
Female	90	18	20.0		
HYPOGLYCEMIC EPISODE					
No episode	100	14	15.0		
1 or more	42	5	14.3	0.913	NS
CHOLESTEROL					
Normal	119	12	10.1	0.009	Sig-f
Abnormal	23	7	30.4		
TRIGLY					
Normal	120	12	10.0	0.006	Sig-f
Abnormal	22	7	31.8		
BOTH					
Normal	128	13	10.2	0.001	Sig-f
Abnormal	14	6	42.9		

HbA1C					
Nor	101	10	9.9		NS
Abn	41	9	22.0	0.056	
GOITRE					
Present	17	12	70.6	0.021	Sig-f
Absent	125	7	5.6		
USG-NECK					
Present	18	13	72.2	0.003	Sig-f
Absent	124	6	4.8		
SUBCLINICAL HYPOTHYROIDISM					
Absent	133	18	13.5	0.836	NS
Present	9	1	11.1		

CHARACTERISTICS	N	POSITIVITY	P value	RESULT
		Mean(S.D)		
BMI	19	15.8(1.5)	0.617	NS
DURATION	19	3.6(2.5)	0.002	Sig
BMI1	19	18.8(2.5)	0.25	NS

P < 0.05, statistically significant- chi square test, f-fischer test

Logistic regression analysis to estimate the risk factors associated with autoantibody positivity in T1DM children

Table 4: TPO positivity

		P value	OR	95% C. I
1.	Sex	0.299	0.104	0.029 – 0.376
2.	Cholesterol	0.057	7.827	0.940 – 65.197
3.	Triglycerides	0.553	0.361	0.012 – 10.488
4.	Both	0.023	6.003	3.454 – 8.491
5.	HbA1C	0.482	2.225	0.239 – 20.670
6.	Goitre	0.003	4.044	2.001-5.992
7.	USG	0.003	5.84	4.802 – 5.920

P < 0.05, statistically significant- chi square test,

OR- odds ratio, CI- confidence interval

Table 5: Tg positivity

		P value	OR	95% C. I
1.	Sex	0.154	8.432	0.449 – 158.38
2.	Cholesterol	0.499	2.356	0.197 – 28.259
3.	Triglycerides	0.520	0.244	0.003-17.941
4.	Both	0.884	0.682	0.002 – 1.043
5.	HbA1C	0.354	1.234	0.008 – 1.432
6.	Goitre	0.002	4.470	3.04- 6.558
7.	USG	0.002	5.168	4.056 – 6.091

P < 0.05, statistically significant- chi square test,

OR- odds ratio, CI- confidence interval

➤ In children with TPO positivity nearly 27(90%) were females and 3(10%) were males. Among the Tg positive children 20(95%) were females and 1(5%) were males. When both antibodies are positive 18(94.7%) were seen in females and 1(5.3) were seen in males. Thus overall there was a female preponderance among antibody positive T1DM children. Both univariate and multivariate analysis showed statistical significance between thyroid antibody positivity and female gender. (Table 1,2,3,4,5).

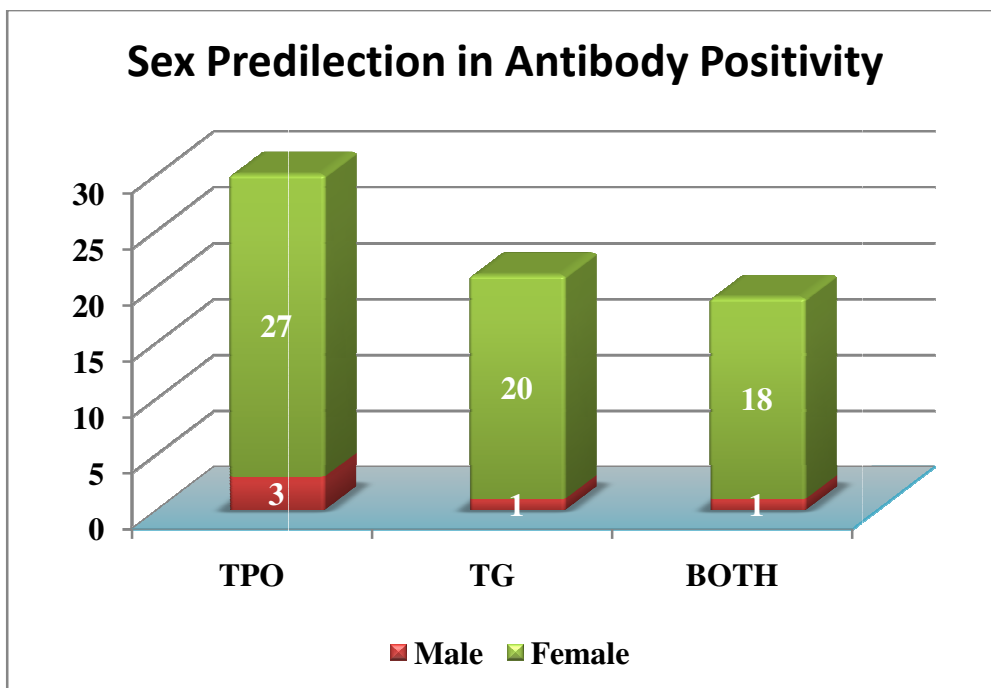


Fig 4:

➤ In children with positive TPO antibodies, 16 (53.3%) developed thyroid enlargement (goitre) (P= 0.001, OR 1.004 , 95% CI 0.001 – 1.992) and 17 (56.7%) children showed diffuse hypoechogenicity on ultrasonography (P=0.002, OR 2.84 , 95% CI 2.01-3.774). In children with positive TG antibodies 13 (53.3%) showed thyroid enlargement (goitre) (P= 0.001, OR 1.004 , 95% CI 3.04-6.558) and 17 (56.7%) children had sonographic evidence of AIT.(P=0.002, OR 5.168 , 95% CI 3.24-5.78). In children with both antibodies positive, goiter was seen in 12(63.2%, p=0.003) children and sonographic evidence of AIT was seen in 13 children(68.4%)

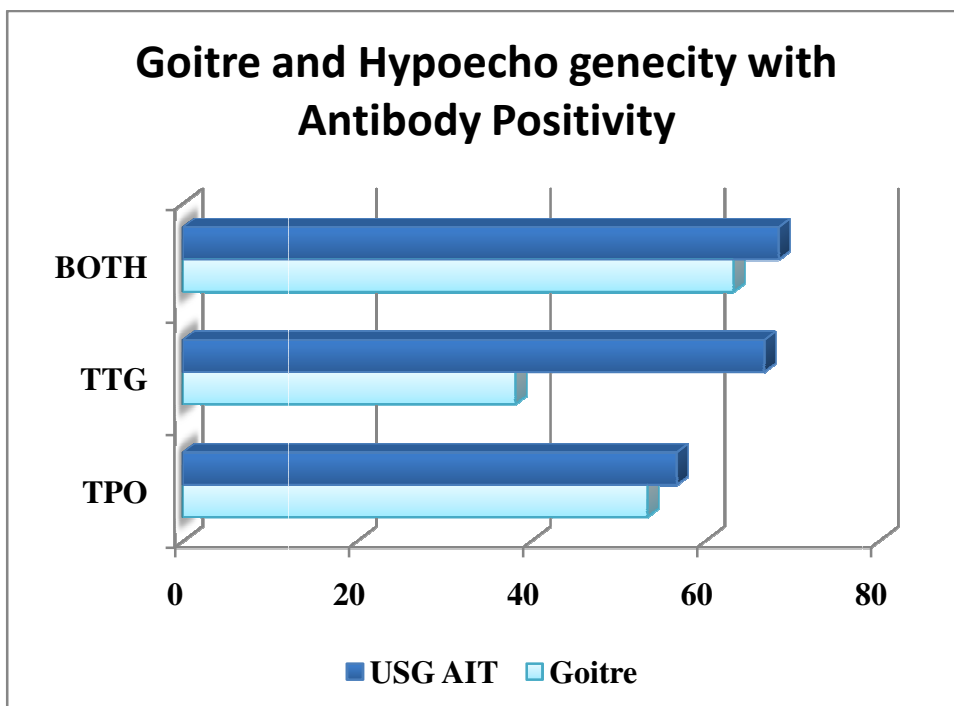


Fig 5:

- In patients with positive TPO antibodies only 4 (13.3%) had subclinical hypothyroidism. ($p= 0.077$). In children with positive Tg antibodies only 2 (9.5%) had subclinical hypothyroidism. ($p=0.622$). In children with both antibodies positive only 1(5.3%) had subclinical hypothyroidism.

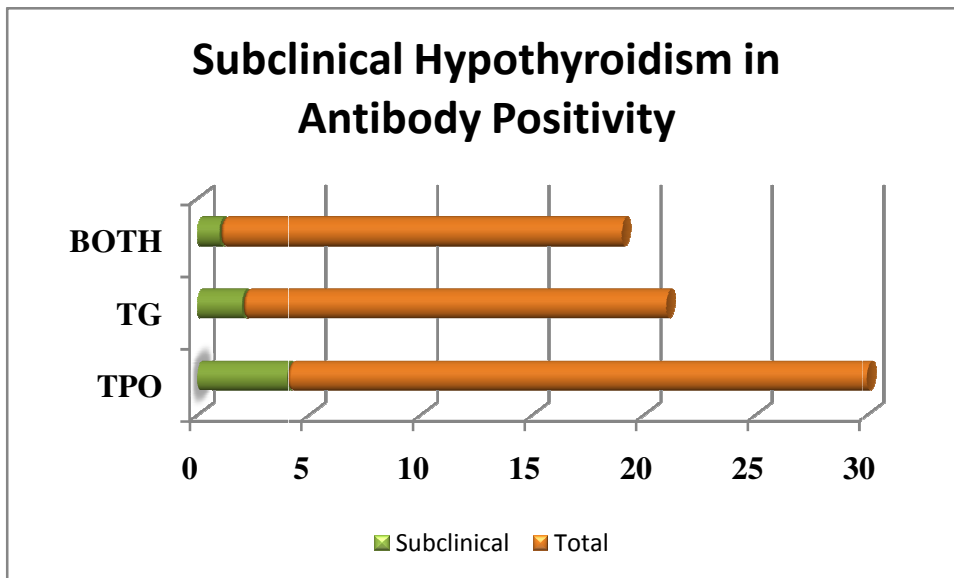


Fig 6

➤ Hypercholesterolemia was seen in 12(40%) children with positive TPO antibodies($p=0.002$) while it was 8(38.1%) with positive Tg antibodies($p=0.007$) and 7 (30.4%) in children with both antibodies positive($p=0.009$). Hypertriglyceridemia was seen in 10(33.3%) children with positive TPO antibodies($p=0.001$) while it was 8(36.4%) with positive Tg antibodies($p=0.005$) and 7 (36.8%) in children with both antibodies positive($p=0.001$). Both hypercholesterolemia and hypertriglyceridemia was seen in 8(26.7%) children with positive TPO antibodies ($p=0.002$) while it is 7(33.3%) with positive Tg antibodies ($p=0.001$) and 6 (31.6%)in children with both antibodies positive($p=0.001$).

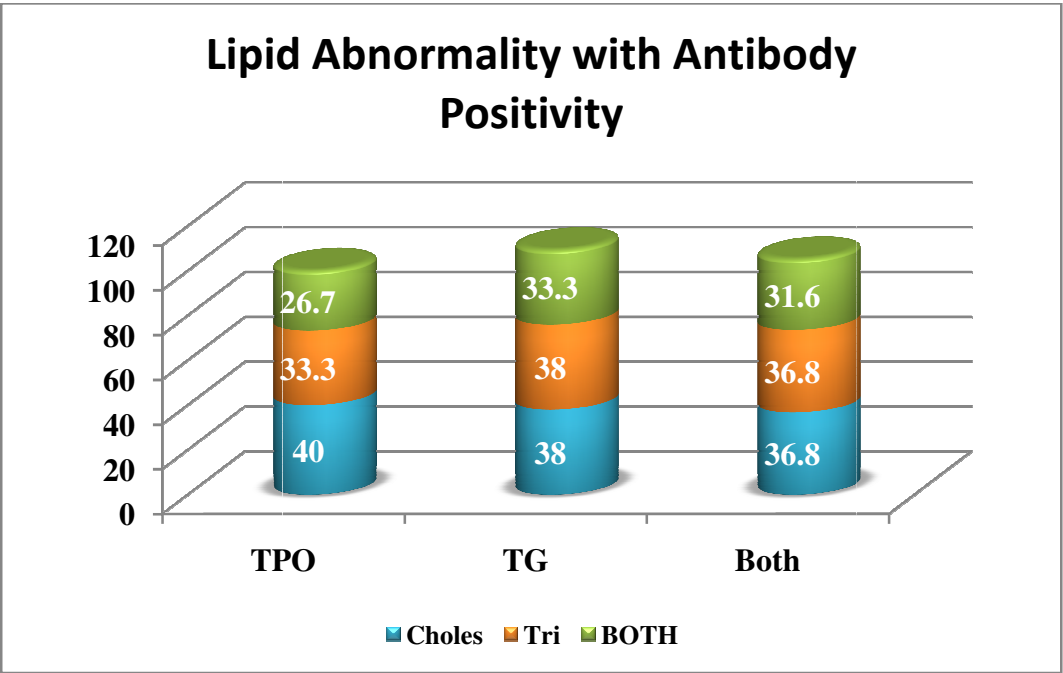


Fig 7:

➤ Poor glycemic control with positive TPO antibodies was seen in 13(43.3%, $p=0.049$) while with positive Tg antibodies it was seen in 9(42.9%, $p=0.126$). In children with both antibodies positive poor glycemic control was seen in 9(47.4%, $p=0.056$).

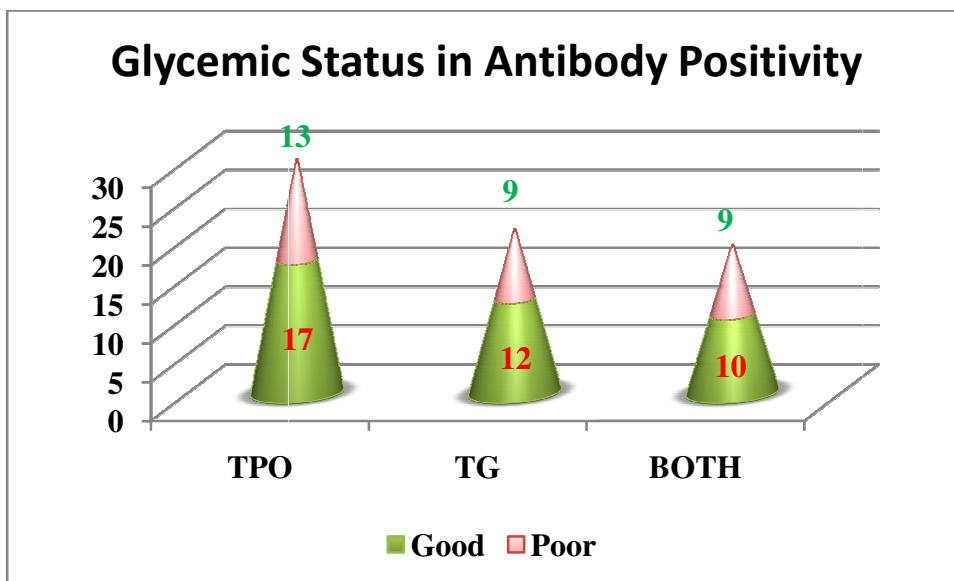


Fig 8:

➤ In children with positive TPO antibodies, 7(26.3%) had hypoglycemic episodes ($p=0.399$) while with positive TTG antibodies 6(28.6%) had hypoglycemic episodes ($p=0.913$). In children with both antibodies positive 5(26.3%) had hypoglycemic episode ($p=0.913$).

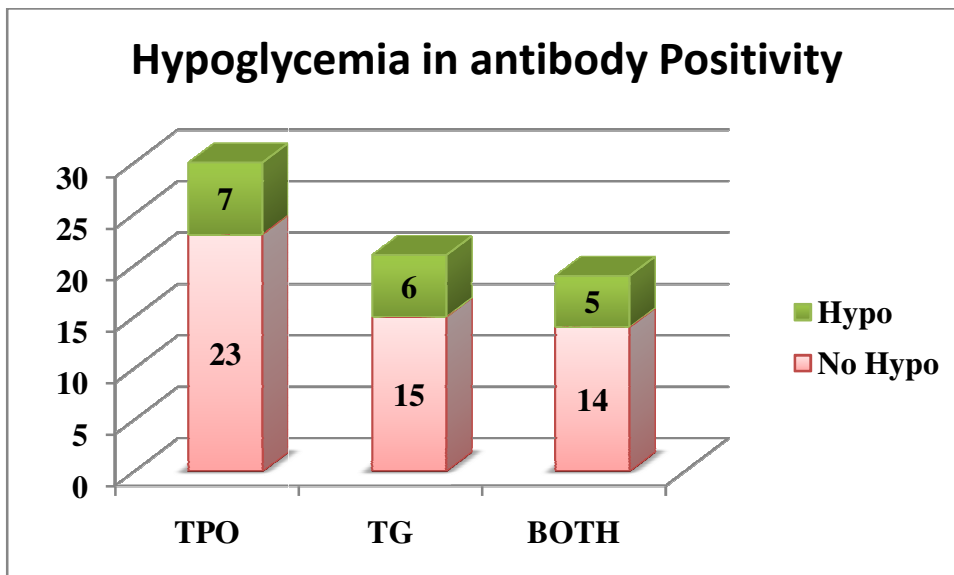


Fig 9:

- BMI of the children with AIT positive children was compared with BMI in children without AIT. Statistical significance was not observed for AIT and BMI.(table 1,2,3,4,5)

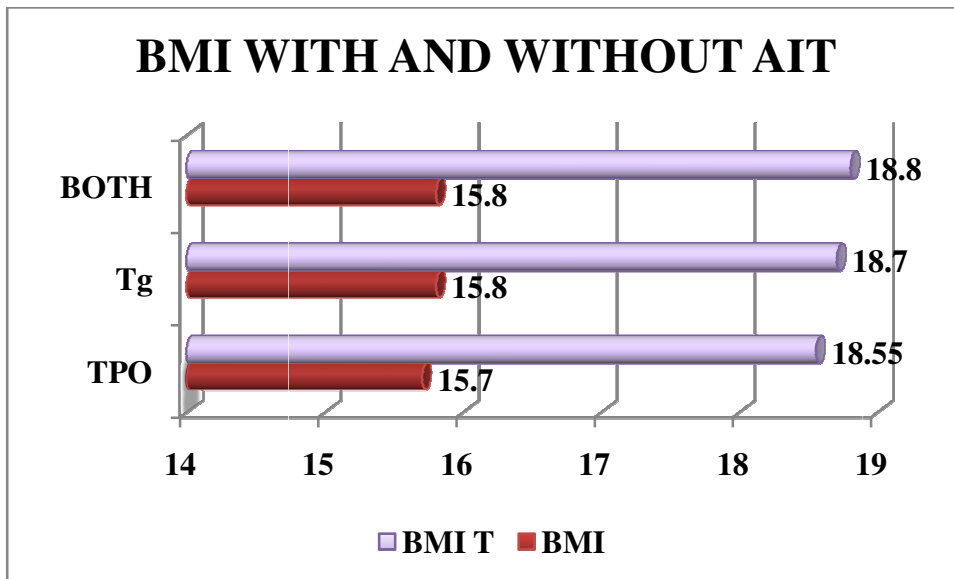


Fig 10:

DISCUSSION

The present study showed that children with T1DM had high levels of both anti-TPO and anti-Tg antibodies. AIT is the most prevalent autoimmune disorders associated with T1DM^(20,35). The reason for the high prevalence of some autoimmune disorders in these patients still remains undetermined. It may be due to a increased tendency to act against specific antigens, or loss of self recognition particularly when there is genetic or environmental trigger.⁽³⁶⁾

According to some studies, HLA^(30,31) or some genetic component outside the HLA (i.e., CTLA4 and PTPN22) might be a reason^(37,38) in the occurrence of AIT in T1DM patients. Moreover, environmental triggers such as any stressful event, infection, trauma may also play a role. Both T1DM and AIT are diseases which occurs as a result of autoimmunity mediated through T-cell pathway.⁽³⁹⁾

In the present study, the prevalence of positivity for anti-TPO Antibody, anti-Tg antibody, and the prevalence of positivity for both antibodies and AIT (at least one positive antibody) in children with T1DM were 21%, 14%,13% and 22.5% respectively (Fig 2). In other

studies, the prevalence of positive anti-TPO antibody in T1DM patients was reported to be 5.5-46.2% and that of anti-Tg antibody ranged from 2.1 to 40%. Thus like in previous studies TPO antibody has higher positivity. The wide range of these data can be explained by the difference in genetic factors, age, and sex of the studied population,⁽⁴⁰⁾ as well as the different methods of measurement of antibodies.⁽⁸⁾

Most studies that have reported low prevalence of AIT were conducted 10-20 years ago, which shows the low sensitivity of the lab tests. Meanwhile, this finding might also be a result of increase in the prevalence of AIT during the recent decades⁽⁸⁾ along with increasing T1DM cases. Epidemiologic studies have shown higher incidence of AIT after elimination of iodine deficiency in endemic areas.⁽³⁹⁾ The lower prevalence of AIT in our study could be explained by the different age group of studied individuals in our study. However, the present study was conducted on children and showed comparable results with other studies performed in similar age group. Age dependent increase of AIT incidence has been described previously.⁽⁴²⁾

From previous studies the prevalence of clinical and subclinical thyroid dysfunction in T1DM patients is suggested to be 13.4-20%⁽⁴⁰⁾ whilst the prevalence of hypothyroidism and hyper-thyroidism in the normal population is 5-10% and 1%, respectively.⁽⁷⁾

A significant percentage of them were found to have AIT very early after the onset of diabetes. In the present study, there was no case of clinical thyroid dysfunction. However, there was lab evidence of hypothyroidism and also thyroid enlargement were seen in those cases which has overt or antibody positive hypothyroidism (Fig 3,5). Subclinical hypothyroidism was present in 8% (Fig 1). In our study, the prevalence of subclinical hyperthyroidism in T1DM patients was 0%, which is consistent with the findings of previous studies.⁽³⁾

We found that diabetic patients with AIT had higher prevalence of thyroid hormones, which was statistically significant.(Fig 3). Therefore, the higher prevalence of subclinical hypothyroidism in T1DM patients could be explained by the high prevalence of AIT (22.5%) in these patients.

Unfortunately, iodine status of the studied population was not evaluated and as a result, we could not investigate the role of iodine deficiency in the high prevalence of subclinical hypothyroidism. In the present study, the prevalence of goiter in T1DM was 11.2 % . The lower prevalence of goiter in T1DM patients is in contrast with previous studies, which showed increase in goiter prevalence in T1DM patients.⁽⁴³⁻⁴⁵⁾ However in our study there is higher prevalence of goiter in T1DM patients with AIT(94%) (Fig 5) which is statistically significant. Urine iodine concentration in T1DM patients was previously reported to be high (46). Goiter was made by inspection and palpation. All the cases clinically suspected to have goiter were confirmed by thyroid ultrasonography.

In our study, the prevalence of AIT in female patients with T1DM was higher than that in male T1DM patients which is consistent with many studies with higher prevalence of positive thyroid autoantibodies in females⁽⁴⁷⁾ though some studies reported similar prevalence in both genders.^(48,49) In T1DM children with AIT, oestrogen were found to increase the risk of autoimmunity by acting through the T cell pathway, while androgens usually protects against this.⁽⁵⁶⁾

In our study, the prevalence of AIT is increased with age and duration of diabetes. These observations in our study are similar to previous studies^(11,54). This has led to the suggestion that autoimmunity is the end result which started with self recognition, then passes through immunity followed by appearance of antibodies finally leading to autoimmune disease.⁽⁵⁶⁾ In our study, in children with AIT, duration of diabetes was found to have statistical significance in the univariate analysis. As the duration increases the prevalence of AIT increases. Thus strongly reinforces that along with initial screening, these children with AIT should have a long term follow up.

In contrast to previous studies⁽⁵⁾, in the current study, we found a relationship between HbA1c, a measure of metabolic control in diabetic patients, and AIT or thyroid dysfunction. In TPO positive children there was a statistical significance, while in Tg and both antibody positivity there was no statistical significance. (Tab 1,2,3; Fig 8). This clearly points out that children with AIT might have fluctuating glycemic control and diabetic management can be made difficult. Another explanation that can be given for no statistical significance is that cut off of 10 was taken as to be having poor control. But ideally < 6 is normal and for good control it should be

atleast 6-8. It is well known fact that T1DM children with AIT are prone to have poor glycemc control.

In T1DM children with AIT, there is significant elevation in lipid parameters including both cholesterol and triglycerides.(Fig 7; Tab 1-5) which is in consistent with previous studies. Here there is a statistical significance for both cholesterol and triglycerides when compared for both the antibodies which is an extremely important finding. As such the long term morbidity is increased, hence these should be looked into while managing these children. Also we have found a significant elevation in a very early age. Hence they should be regularly followed up to avoid other cardiovascular complications.

Though the hypoglycemic episodes did not have statistical significance in our study (Tab 1-5, Fig 9) it is an important complication known to occur in diabetic children with hypothyroidism. Again here hypoglycemic episodes were taken as significant when there is documented low sugar along with other manifestations like palpitations, sweating or seizures. It is a known fact these children are more prone for hypoglycemia. Hence proper counseling need to be given regarding recognition of symptoms.

Another important observation of our study was that the influence of AIT on BMI, showed no statistical significance like in other studies.^(11,29) But, Chase et al⁽²⁸⁾ has observed decreased growth in T1DM children with AIT. But difference was noted in children with and without AIT. (Fig 10) Thyroxine if given early leads to improved growth in these children. This observation has highlighted the significance of the early identification and treatment of AIT in these individuals. Though BMI didn't had statistical significance these children should be followed in long term basis to exactly arrive at a conclusion.

It was also observed that in the presence of both thyroid antibodies, the autoimmune process is more vigorous, causing AIT. Among both the antibodies, TPO were found to be more specific to detect AIT.⁽¹¹⁾

COMPARISION OF AIT IN VARIOUS STUDIES:

Ardestani et al	22%
Kostas kokleas et al	Tpo-17.3%, Ttg-11.3%, both 10.4%
Ismael et al	15%
Kordonouri et al	Tpo 15.4%, Ttg 14.4%
Guillermo et al	17.91%
This study	Tpo-21%, Tg-14%, both- 13% Overall- 22.5%

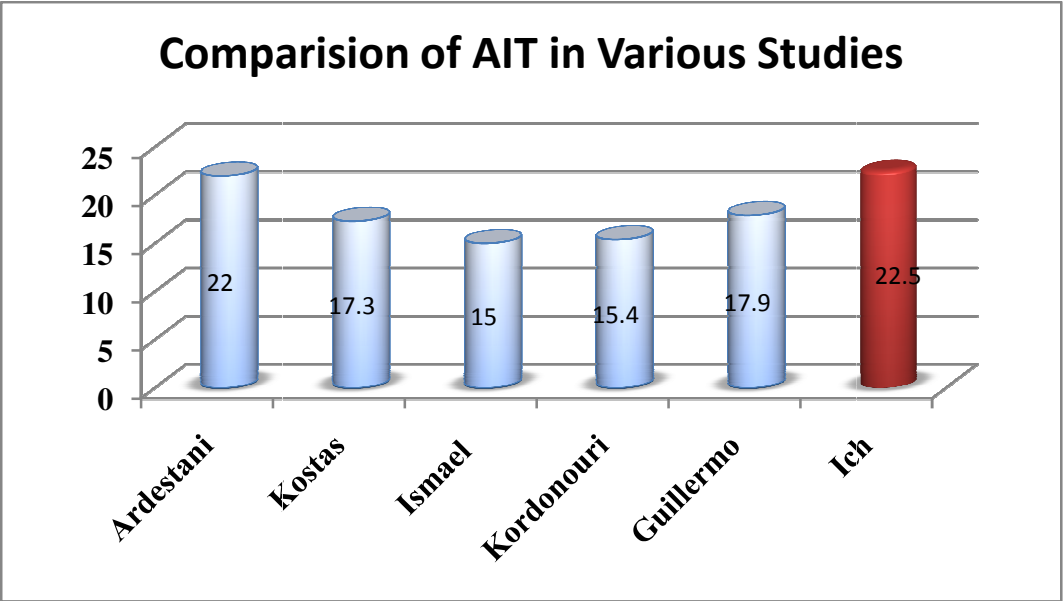
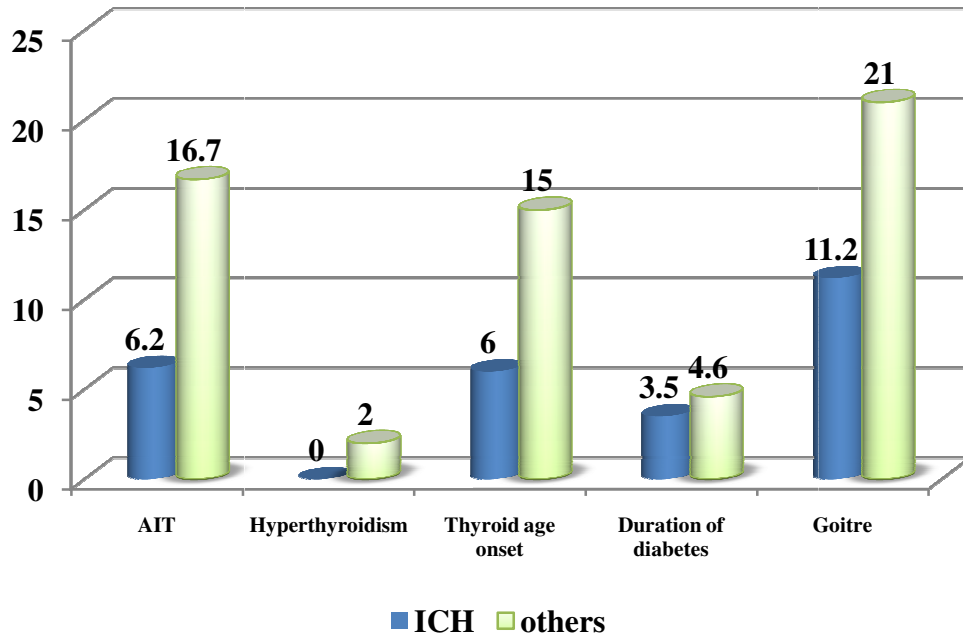


Fig : 11

Parameters	This study	Previous studies
AIT at the diagnosis of diabetes	6.2%	16.7 (Guillermo et al)
Hyperthyroidism	0%	1-2% (Ardestani et al)
Mean age at onset of AIT	6 years	15 years (Pranzy et al)
Mean duration of diabetes	3.5 years	4.6 years (Kostas et al)
Prevalence of goiter	11.2%	21% (Ardestani et al)

Comparison of Parameters with various Studies



CONCLUSION

Hypothyroidism is predominantly autoimmune in T1DM children. Mostly it is asymptomatic. This emphasizes the need for regular thyroid screening in diabetic children. Children with T1DM had higher prevalence of AIT. To conclude, the presence of thyroid antibody positivity was common among our T1DM children. Important among the risk factors for AIT to develop in these children include increasing age , female sex, longer duration of diabetes.

Importantly AIT significantly affects lipid status of the body which increases the long term morbidity in these children. Presence of AIT makes the glycemic control difficult, predisposing these individuals to hypoglycemia. Though AIT has not been found to affect the growth of T1DM children it is extremely important in long term to monitor BMI .

Hence it is recommended that all patients with T1DM should undergo screening for AIT at the time of diagnosis of diabetes and then yearly or atleast 2-3 yearly. If thyroid antibody is positive they should be followed up regularly. Presence of thyroid antibody is not

an indicator to start treatment. Current recommendation is that treatment is decided based on the level of TSH.

Importance of diagnosing AIT lies in the fact that these individuals are more prone to develop thyroid dysfunction and that early diagnosis aids to initiate treatment early. To summarize, the antibodies should be screened in T1DM children to find AIT, but its value to predict the progression of the clinical manifestation is limited. These patients with positive antibodies should be followed up because further deterioration of the thyroid gland may occur.

RECOMMENDATION:

- Screening for thyroid disease in type 1 diabetic children should be initiated at diagnosis.
- Preferably it should be checked annually, or at least every 2-3 years.
- The preferred method of screening is using TSH.
- Other method of screening includes thyroid peroxidase antibody.
- Thyroid antibody positivity alone is not an indication for treatment in these children, but they have a increased risk to develop thyroid dysfunction.

LIMITATIONS OF THE STUDY:

- Iodine status of our diabetic children was not estimated
- Prevalence of AIT in normal children was not assessed and hence could not be compared with our T1DM children.

TIME SCHEDULE

Protocol finalization – July 2011

Study period – August 2011- Oct 2012

Manuscript preparation – November 2012

Manuscript Submission – December 2012

BIBLIOGRAPHY

1. Owers AC, Type 1 Diabetes mellitus, DL, Braunwald E, Fauci, Hauser SL. Harrison's principles of internal.
2. Davidson , Diamond. New England Journal Medicine 2001;345(5):341-50.
3. Dretzkes, Cummin .Autoantibody screening in children with newly diagnosed type 1 diabetes mellitus. Health Technology Assess 2004;8:1-182.
4. Perros , McCrimmon . Frequency of thyroid dysfunction in diabetic patients: value of annual screening. Diabetes Medicine 1995;12(7):623-7.
5. Umpierrez , Murphy, et al. Thyroid dysfunction in T1DM : A longitudinal study. Diabetes Care 2003; 26(4):1183-5.
6. Barker, Yue ; Autoantibody "specificity" in type 1 diabetes: Risk for organ specific autoimmunity clusters. Diabetes Care 2005; 28(4):851-
7. Barkers Clinical review: Type 1 diabetes associated autoimmunity: Journal of Clinical Endocrinology Metabolism 2006;91(4):1210-7.
8. Severinski , Banac, et al. Epidemiology of thyroid dysfunction in children with type 1 diabetes. Coll Antropol 2009;33(1):272-9.

9. Kabelitz, Liesenkotter, et al. The prevalence of anti-thyroid peroxidase antibodies and AIT in children in an iodine deficient area. *European Journal Endocrinology*,2003;148:300–7
10. Loviselli , Velluzzi. Studies on antithyroid antibodies in Sardinian schoolchildren: Relationship to prevalence of goitre and thyroid function. *Thyroid*. 2001;11:844–55
11. Kordonouri O, Klinghammer A,Thyroid autoimmunity in children with type 1 diabetes. *Diabetes Care*. 2002;24:1345–50.
12. Prina Cerai, Weber,Prevalence of thyroid autoantibodies in T1DM children. *Diabetes Care*. 1994:781–3.
13. Holl, Bohm . Thyroid autoimmunity in children with T1DM. *Horm Res*. 1999;52:115–8.
- 14.De Block, et al. Belgian Diabetes Registry,autoimmunity and HLA-DQ types in T1DM. *Clinical Exp Immunology*. 2001;:235–41
- 15.Mantovani,Thyroid autoimmunity in children with T1DM : Prevalence and risk factors. *Journal Pediatric Endocrinology Metabolism*. 2007;20:668–75
- 16.Barker. Autoantibody ‘subspecificity’ in T1DM,*Diabetes Care*.2005;28:850–52

17. Kordonouri O, Natural history of AIT in T1DM and its association with gender, age, duration of diabetes. *Archives Disease Childhood*. 2005;90:413–4.
18. Pranzky et al. Screening for autoimmunity in T1DM. *Physiol Res* 2005;54:41-8.
19. Vondra K, Thyroid gland diseases in adult patients with T1DM. *Minerva Endocrinology* 2005;30(4):217-35.
20. ISPAD. Consensus guidelines for the management of T1DM children, 2000.
21. Mantovani, AIT in T1DM children *Journal Pediatric Endocrinology Metabolism* 2007;20(6):668-75.
22. Dayan, Chronic AIT. *New England Journal of Medicine*. 1996;335:98–107.
23. Sinclair . Analysis of thyroid antibodies estimation. *Autoimmunity* 2008;46–54.
24. Maugendre , Antibody screening of thyroid dysfunction in T1DM, *Ann Endocrinol* . 2000;61:527–30
25. Kalicka, et al. Thyroid peroxidase antibodies and thyroid diseases. *Przegl Lek*. 2002;59:507–13.
26. Mouradian , T1DM and thyroid disorder. *Diabetes Care*. 1983;6:513–20.

27. Kordonouri.,Prediction of AIT in T1DM children . Diabet Med. 2002;19–21
- 28.Chase .Thyroxine replacement in T1DM children with subclinical hypothyroidism Diabet Med. 1990;7:298–303.
29. Mohn. Effect of subclinical hypothyroidism in T1DM Diabet Med2002;19:704.
30. Bao , HLA matching in T1DM children.J Autoimmun 1999;13:143-8.
31. Boehm ;Clinical Investigation 1993;71(3):221-5.
- 32.WHO, UNICEF and ICCIDD. Assessment of iodine deficiency disorders;. 2nd edition. Geneva: WHO, 2001.
33. Liesenkotter , Thyroid volumes and iodine excretion in Berlin. Exp Clin Endocrinology Diabetes. 1997;105:46–50.
- 34.Marcocci. Thyroid ultrasonography to detect AIT. Journal Clinical Endocrinology Metabolism. 1991;72:209–13.
- 35.Sharifi F,Thyroid function in Iranian patients with T1DM: Iran Journal Allergy Asthma Immunology 2008;7(1):38-6.
- 36.Norden G et al. B-cell function in T1DM children . Acta Med Scand 1983;213(3):198-203
- 37.Velaga , Journal Clinical Endocrinol Metab 2004;89:5861-5.

38. Vaidya CTLA-4 gene in AIT, European Journal of Endocrinology 2004;150(5):617-26.
39. Okten ; Iodine levels in T1DM children in an iodine deficient area. Diabetes Metabolism 2006;32(4):322-9.
40. Shiva.; AIT in T1DM Saudi Med Journal 2009;30(5):674-6.
40. Hadaegh. AIT in T1DM; Iranian Journal of Diabetes 2004:71.
41. Sheikholeslami ,JQUMS 2007;11(3):51-6.
42. Karavanaki, Horm Res 2009;71(4):201-6.
43. Trimarchi ; European Journal of Pediatrics 1984;252-6.
44. Hansen Eur J Endocrinology 1999;140(6):513-8.
45. Darendeliler. USG thyroid in T1DM; J Pediatric Endocrinology 1994;33-7.
46. Volzke; Diabetes Metab Res Rev 2007;23(3):227-33.
47. Lorini. J Pediatric Endocrinol Metabolism 1996:89-94.
48. Menon , Vaidyanathan ; AIT in Indian children with T1DM. J Pediatric Endocrinol Metabolism 2001:280-86.
49. Lindbergh; J Lab Clin Med 1997;130(6):585-9.
50. Perros ; Importance of annual screening. Diabet Med. 1995;12:621-7
51. Vanderpump, a 22 follow-up of the Wickham Survey. Clin Endocrinol (Oxf). 1995;43:55-68.

- 52.Zamrazil. Prevalence of AIT in Czech population. *Endocrinology Exp.* 1989;23:97–104
53. Doufasnon; nontoxic goiter in Greece. *Eur J Endocrinol.* 1999;140:504–511
- 54.De Block, Immunology and AIT. *J Endocrinol.* 2003;176:292–304
- 55.Kaloumenou ;Thyroid volume in T1DM children. *Journal of the Greek Paediatric Society*
56. Ahmed. Sex hormones and the immune system. *Baileres Clinical Rheumatology.* 1990;4:13–31.
- 57.Prazny ;Screening for AIT in T1DM. *Physiol Res.* 2005;54:41–8
- 58.Donckier. *Endocrinolgy and diabetes.*, Chichester, 2003: 27.
- 59.Mohane ,AIT and diabetes; *Medicine journal.* 2002;

ABBREVIATIONS

T1DM – Type 1 diabetes mellitus

TPO – Thyroid peroxidase

TG - Thyroglobulin

AIT - Autoimmune thyroiditis

USG - Ultrasonography

BMI - Body Mass Index

INFORMATION SHEET

Place of study: INSTITUTE OF CHILD HEALTH AND HOSPITAL FOR CHILDREN,
Diabetic OPD

Name of Investigator :

Name of Participant

age:

sex:

Hospital No:

Diabetic No:

Study title : Study on prevalence of thyroid dysfunction in type 1 diabetic children

- We are conducting a study on prevalence of thyroid dysfunction in type 1 diabetic children.

We request you to participate in the study

- The purpose of this study is to study the prevalence of thyroid dysfunction in type 1 diabetic children.

- The privacy of the patients in the research will be maintained throughout the study. In the event of any publication or presentation resulting from the research, no personally identifiable information will be shared.

- Taking part in this study is voluntary. You are free to decide whether to participate in this study or to withdraw at any time; your decision will not result in any loss of benefits to which you are otherwise entitled.

- The results of the special study may be intimated to you at the end of the study period or during the study if anything is found abnormal which may aid in the management or treatment.

INFORMED CONSENT FORM

Study place: INSTITUTE OF CHILD HEALTH AND HOSPITAL FOR CHILDREN, Diabetic OPD

Title of the study: study on the prevalence of thyroid dysfunction in type 1 diabetic children.

Name of the investigator

Name of the Participant:

Age:

Sex:

Hospital number:

Diabetic no:

1. I have read and understood this consent form and the information provided to me regarding the participation in the study.
2. I have had the consent document explained to me.
3. I have been explained about the nature of the study.
4. I have been explained about my rights and responsibilities by the investigator.
5. I have informed the investigator of all the treatments I am taking or have taken in the past including any native (alternative) treatment.
6. I have been advised about the risks associated with my participation in this study.*
7. I agree to cooperate with the investigator and I will inform him/her immediately if I suffer unusual symptoms. *
8. I have not participated in any research study in the past.
10. I am aware of the fact that I can opt out of the study at any time without having to give any reason and this will not affect my future treatment in this hospital. *
11. I am also aware that the investigator may terminate my participation in the study at any time, for any reason, without my consent. *

12. I hereby give permission to the investigators to release the information obtained from me as result

of participation in this study to the sponsors, regulatory authorities, Govt. agencies, and IEC. I

understand that they are publicly presented.

13. I have understand that my identity will be kept confidential if my data are publicly presented

14. I have had my questions answered to my satisfaction.

15. I have decided to be in the research study.

I am aware that if I have any question during this study, I should contact the investigator. By signing

this consent form I attest that the information given in this document has been clearly explained to me

and understood by me, I will be given a copy of this consent document. For adult participants:

Name and signature / thumb impression of the participant /parents/guardian

Name _____ Signature_____

Date_____

Name and Signature of impartial witness:

Name _____ Signature_____

Date_____

Name and Signature of the investigator or his representative obtaining consent:

Name _____ Signature_____

Date_____

ஆராய்ச்சி ஒப்புதல் கடிதம்

ஆராய்ச்சி தலைப்பு:

பெயர் : தேதி :
வயது : உள் நோயாளி எண் :
பால் : ஆராய்ச்சி சேர்க்கை எண் :

எனது குழந்தைக்கு சர்க்கரை நோய் உள்ளது என்பதால், தைராய்டு பிரச்சனை ஏற்படுவதற்கு வாய்ப்பு அதிகம் உள்ளது என்பதை மருத்துவர் மூலம் அறிவேன். இதனை முன்கூட்டியே அறிந்து கொள்வதற்கு எனது குழந்தையின் இரத்தத்தை எடுத்து பரிசோதனை செய்து கொள்ள எனக்கு பரிபூரண சம்மதம்.

இந்த ஆராய்ச்சியின் விபரங்களும் அதன் நோக்கங்களும் முழுமையாகவும் தெளிவாகவும் எனக்கு விளக்கப்பட்டுள்ளது. எனக்கு விளக்கப்பட்ட விஷயங்களை நான் புரிந்து கொண்டு எனது சம்மதத்தை தெரிவிக்கிறேன். இந்த ஆராய்ச்சியில் பிறரின் நிர்ப்பந்தமின்றி என் சொந்த விருப்பத்தின் பேரில் நான் பங்கு பெறுகின்றேன். நான் இந்த ஆராய்ச்சிலிருந்து எந்த நேரமும் பின் வாங்கலாம் என்பதையும் அதனால் எந்த பாதிப்பும் ஏற்படாது என்பதையும் நான் புரிந்து கொண்டேன்.

நான் என்னுடைய சுயநினைவுடன் மற்றும் முழு சுதந்திரத்துடனும் இந்த மருத்துவ ஆராய்ச்சியில் என்னை சேர்த்துக் கொள்ள சம்மதிக்கிறேன்.

கையொப்பம்

Annexure : Patient data entry form

- Name of the patient:
- Present age:
- Age at onset of diabetes:
- Gender:
- Duration of diabetes:
- Palpation of thyroid gland
- Body mass index
- Biochemical parameters:

Thyroid profile: T3,T4,TSH

Thyroid peroxidase antibodies, Thyroglobulin antibodies

- Lipid profile
- No. of hypoglycemic episodes
- HbA₁C
- USG neck

45	266	78	22	13	159	7.8	0	0	pu,p d	30	se ve re	0	0	1.6	52	155	231	0	0	0	0	0	1.2	0	1	1	0	0	1	1	1
46	267	14	24	34	136	6				30	no n	0	0	1.4			227	1	1	0	0	0	1.02	0	0	0	0	0	0	0	0
47	271	87	21	20	145	8.7	0	0	pu,p d,fat i	30	no n	0	0	2.3	41	140	209	3	0	0	0	0	1.19	0	0	0	0	0	0	0	0
48	272	61	41	21	167	5	0	0	pu,p d,pp ,a.p	30	m od	0	0	0.8	34	137	201	0	0	0	0	0	1.16	0	0	0	0	0	0	0	0
49	273	71	81	05	164	7	0	0	pu,p d,a.p	30	se ve re	0	0	1.7	24	144	167	10	1	0	0	add iso n	7	0	0	0	0	0	1	0	0
50	274	102	22	12	153	9	0	0	pu,p d	30	no n	0	0	1.5	43	150	191	3	1	1	1	0	1.13	0	0	0	0	0	0	0	0
51	276	425	15	39	167					30		0		1.8			197	2	0	0	0	nep hro	13.9	0	0	0	0	0	0	0	0
52	277	125	22	179	193	222			pu,p d,let h,br	30	se ve re	0	0	1.6	21	107	184	0	0	0	0	0	1.07	0	0	0	0	0	1	1	1
53	287	816	24	20	167	8.16	0	0	pu,p d,pp ,wl	30	no n	0	0	1			189	0	0	0	0	0	8.9	0	0	0	0	0	0	0	0
54	289	611	11	11	11	2.8	0	0	pu,p	30	se	0	m	1.2	1	1	14	0	0	0	0	0	6.	0	0	0	0	0	0	0	0

