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RELATIONSHIP OF THYROID DISORDERS WITH GENDER AND AGES OF PATIENTS

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ABSTRACT : Thyroid disorder is a common expression used to describe many disorders that affect thyroid gland. Thyroid disorders are divided in to two main entities, hyperthyroidism and hypothyroidism; on the base of either the serum thyroid hormone levels (thyroxin andhtriiodothyronine) are elevated or dropped, respectively. Thyroid diseases generally may be further subclassified according to on etiologic factors, physiologic abnormalities, etc. the results showed that there were no significant differences between parameters and relations with both sex and age. In conclusion, there were no relationships between thyroid disorders with age and sex.

Key words : Thyroid, age, gender.

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INTRODUCTION

Thyroid gland is one of the most important endocrine glands in the body that regulates a wide array of parameters such as lipid profiles, homocystein and malandialdehyde level. Evaluation of some biochemical parameters in serum patients with thyroid gland dysfunction (Hashim *et al*, 2018). Thyroid, largest endocrine organ , it weighs about 25-30gr, usually larger in men than women . and store a large amount of inactive hormones within extracellular follicles (Vyas, 2019).

Thyroid hormones play a crucial position in regulating lipid metabolism; and thyroid dysfunctions can bring about lipid abnormalities which boom the danger of endothelial disorder, high blood pressure and cardiovascular ailment (Liberopoulos and Elisaf, 2002). The thyroid is located at the front of the neck, below the Adam's apple , in front of the larynx on either side and anterior to the trachea and is shaped like a butterfly (Vyas, 2019).

Sex and age are also key factors in the development of MS. Sex difference in MS prevalence has been noticed, but some reports showed higher prevalence in men (Walsh *et al*, 2005), while others showed higher prevalence in women (Wang *et al*, 2012). Besides, aging has been demonstrated with increasing MS prevalence (Xu *et al*, 2012). Therefore, we consider more investigation is needed to clarify the gender disparity and confirm the role of aging.

There is a female preponderance in thyroid disorders, and its prevalence increases with age. Thyroid hormones have pleiotropic effects on lipid and glucose metabolism, blood pressure and energy expenditure. Thyroid dysfunction is a risk factor of cardiovascular disease (Erdogan *et al*, 2011). Recently, serum thyroid-stimulating hormone (TSH) is also found to be associated with adverse changes of lipid metabolism as well (Waring *et al*, 2012). The relationship between mild thyroid dysfunction and MS traits has become a hot topic of discussion recently, because both could increase morbidity and mortality. Patients with hypothyroidism (Ruhla *et al*, 2010) and subclinical hypothyroidism were identified to have increased risks of MS. Even in euthyroid subjects, high normal TSH levels (>2.5 μIU/mL) were significantly associated with an increased prevalence of MS. Ruhla *et al* (2010) indicated that a TSH below 2.5 μIU/mL was associated with a favorable metabolic profile. Oh *et al* (2013) advocated that if healthy women had a TSH higher than 2.5 μIU/mL, assessment of MS should be done.

This study aimed to study the relationship of thyroid disorders with Gender and ages of patients.

(de Moura and Sicheri, 2011; Liu *et al*, 2010; Tan *et al*, 1998). Hypercholesterolemia and lower HDL levels have been observed to be related with increased TSH in overt and moderate hypothyroidism, as well as blood pressure (Roef *et al*, 2014). Cholesteryl ester transfer protein and hepatic lipase, both of which affect HDL metabolism, are similarly affected by thyroid function. As a consequence, a low HDL level is linked to low levels of T_3 (Bensenor *et al*, 2012).

CONCLUSION

There were no relationships between thyroid disorders with age and sex.

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