Evaluation of some autoimmune diseases frequency in a sample of Iraqi patients with type 1 DM

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Background: The association of type 1 diabetes mellitus with coeliac disease and thyroid dysfunction is known worldwide due to shared auto immunological and genetic background.

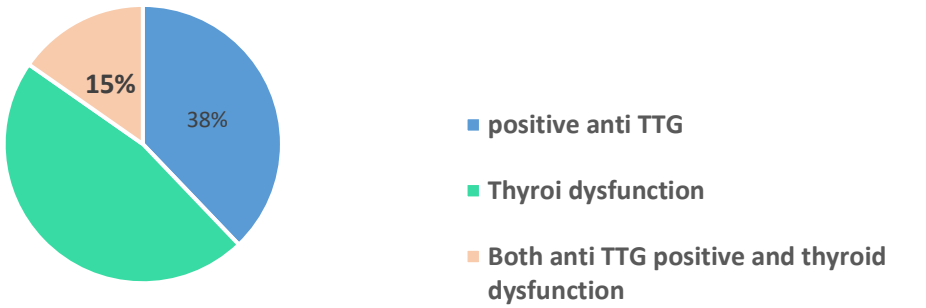
Objective: To estimate the occurrence of Coeliac disease serological markers and thyroid dysfunction in type 1 diabetic Iraqi children and adults.

Patients and Method : This was a cross-sectional study in which a total of 32 patient with type 1 diabetes attending Al Imamai ALkadhymian Hospital ,and the specialized center of endocrinology and diabetes/AlRussafa ; 13 Males, 19 Females with mean age of 20 year± 9.9 , from November 2013 - Apri 2014 were screened for celiac disease using Anti tissue transglutaminase Ab (Anti TTG Ab) and for thyroid dysfunction, using thyroid function test.

Results : Anti tissue transglutaminase antibody was positive in 5/32 patients , resulting in a seroprevalence of 15.6 % .Female patients predominated 9.3 % , over male patients 6.25%.The Predominant age groups are the children and adolescents with a most prevalent duration being 2-5 years of having type 1 diabetes. Screening for thyroid function showed 3/32 patients with subclinical hypothyroidism , resulting in seroprevalence of 9.3% and 2/32 patients with hypothyroidism which accounts for 6.25% ,and only 1/32 patients had hyperthyroidism making 3.1% of the population.Female patients were strongly predominant in overall thyroid dysfunction 15.6% over male patients with only 3.1% mainly subclinical hypothyroidism.

Conclusion: There is an association between diabetes type 1 and other autoimmune diseases (Coeliac disease and thyroid disease) .The study showed an increased prevalence of coeliac disease 15.6% in patients with type 1 diabetes mellitus, there is also an increase in the prevalence of thyroid dysfunction 18.7%, mostly subclinical hypothyroidism , compared with the general population.

Figure 9 :Percentage of Symptomatic positive anti TTG Ab and thyroi dysfunction



Halah Almahdi: Highly ambitious young Iraqi doctor who is passionate about internal medicine. Worked on this research in Iraq under supervision of her inspirational supervisor Dr. Mahmood Alzaidy. Currently working in the UK as ST1 in cardiology on a bigger purpose of improving human's lives and making a difference in the history of medicine.