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RESEARCH ARTICLE

A Study on Impact of Hypothyroidism among Younger Adults in Palakkad

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ABSTRACT

Introduction: Thyroid diseases are one of the chronic non-communicable diseases affecting women more. The most well-known disorders of the thyroid gland include hyperthyroidism & hypothyroidism. **Aim & Objective:** To assess the prevalence, signs & symptoms, various risk factors and comorbid conditions, and treatment strategies. **Materials and methods:** This was a prospective observational study conducted on patients of any age between 10 and 30 years old for a period of 6 months. Data was collected regarding the patient's demographic details, detailed family history, signs and symptoms, laboratory investigations, and treatment charts. Statistical analysis was performed using SPSS software. **Results and discussion:** A total of 109 participants aged 26–30 years were more pre dominant. Most of the patients who were present with weight gain

(75.2%), dry skin (50.4), periorbital puffiness (49.5), menstrual problems (48.6), fatigue (42.2), and hair loss (37.6). Among cases of hypothyroidism, 23 patients (21.1%) were PCOD, 21 patients were infertility (19.3%). In our study, we found 26% of patients taking a 12.5mcg dose of levothyroxine for the treatment of hypothyroidism. **Conclusion:** Hypothyroidism is more prevalent among women and more frequently seen in patients in the age group of 26-30 years. The majority of patients had TSH levels greater than 4.94m IU/L. Weight gain, dry skin, menstrual problems, fatigue, and infertility are the most common signs and symptoms. Pcod and uterine fibroid were the most common comorbidities. The majority of patients had TSH levels ranging from 4 to 10ml/h and taking medication therapy (levothyroxine) at a dose of 12.5mcg.

KEYWORDS: Hypothyroidism, clinical manifestations, risk factors, comorbidities

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