

# IS THYROID DYSFUNCTION A FREQUENT CO-MORBIDITY IN GESTATIONAL DIABETES ?

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## Objective

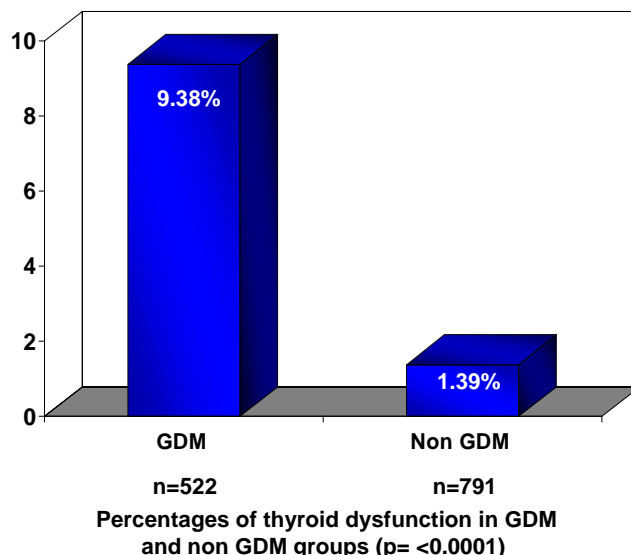
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Investigate the association between thyroid dysfunction & gestational diabetes mellitus (GDM)

### Design

- 1313 pregnant women between January 2007 and November 2008.
- All women were interviewed for past medical and obstetric complications; women with preexisting diabetes were excluded.
- All women underwent screening for GDM.
- GDM was diagnosed based on Carpenter/Coustan criteria, including one abnormal value.
- Study group: 522 women with GDM
- Control group: 791 women non-GDM
- Thyroid dysfunction was defined as a current or past history of thyroid problem requiring medical treatment.
- Statistical analysis: chi square, Fisher exact test and t-test were used as appropriate.

### Results



### Characteristics

	GDM	Non-GDM	P value
Age	33.6 ± 4.3	33.4 ± 4.9	ns
Nullip	63%	56.5%	ns
BMI	24.9 ± 5.8	23.6 ± 3.9	0.01
Asian	22.4 %	6.8 %	0.0001
Black	10.2 %	15.1 %	ns
Caucasian	49.3 %	64.2 %	0.004
Latin	14.2 %	12.1%	ns
Bi-racial	3.6 %	1.5 %	ns

### Summary

- 49 women in the GDM study group reported thyroid dysfunction.
- 11 women in the non-GDM control group reported thyroid dysfunction.
- The rate reported in the GDM group was 7 times higher than in the non-GDM group.
- Hypothyroidism was the most common (81.6%) thyroid dysfunction reported in the GDM group.
- There was no difference in BMI within the GDM group with thyroid dysfunction compared to those without.

### Conclusion

Our data suggest there is an association between thyroid dysfunction and GDM. Further investigation is needed to clarify possible etiology and clinical significance.