Evaluation of Serum Lipid Profile among Sudanese Patients with Hyper or Hypothyroidism

In Khartoum State

A dissertation submitted in partial fulfillment for requirements of M.Sc. degree in medical laboratory science (Clinical Chemistry).

By:-

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ياهو

بسم الله الرحمن الرحيم

قال تعالى:

(قل لو كان البحر مدادا لكلماتي
لنفد البحر قبل أن تنفد كلماتي.
ولو جئنا بمثله مددا،)

سورة الكهف الياهو(109)
Dedication

To ...........

Memories of my father, sisters and brothers

To ...........

Whom may God bless me because of her prayers...My mother!!

To ...........

The compassionate souls which make my dreams come to

Reality .... My father

To ...........

The person who devoted her time and energy helping us to

Achieving this study ... my respectful supervisor

Ustaz: Nuha Elj-ailiAbubker

To ............

The peoples, whom I love, respect and appreciate.

To...........

All these dedicated my study.
Acknowledgments

Thank you My God, for giving me the ability and courage to bring this research to light.

Thank you my family, my father, my mother, my sisters and my brothers for helping, encouragement, and supporting me.

My great thank to Dr. NuhaEl-jailiAbubker

My supervisor, who started with me this thesis from the zero level. He was the one who directed me to this thesis important topic, so I am really grateful to him.

I feel indebted to many people who participated fully and helped me a lot to achieve this work.

I would like to thank all people in Clinical Chemistry department Sudan university who have been a positive influence, those who helped me to seek my way to a solid ground & stand on it, also thanks to all the people who seemed to be negative influences, they taught me how to be patient, & how to be a better person.
Abstract

A case control study conducted during the period from April to October 2016, to evaluate serum lipid profile among Sudanese patients with thyroid diseases (hyperthyroidism and hypothyroidism) in Khartoum state.

The study group included 60 patients 30 hyperthyroidism, and 30 were hypothyroidism and 30 were apparently healthy individuals as control group (match age and sex).

Aspectrophotometer was used for measurement of lipid profile (total cholesterol, triglycerides, LDL-c and HDL-c). ELISA reader was used for hormones measurements (total T4, T3) and TSH and program software SPSS was used for analysis the results.

The results showed that thyroid disorders are common among female (85%) while male was (15%). Also most common among age (36-45) years (in hyperthyroidism (53%), hypothyroidism (57%).

In hyperthyroidism total cholesterol, triglycerides and LDL-c were significantly increased when compared to a control group while HDL-c was significantly decreased, as in table (4-2) total cholesterol (mean± SD: 187 ±39 mg/dl versus 136.8±20.9mg/dl p.value = 0.00), triglycerides (mean± SD:164.6 ±69.6 mg/dl versus 118±37.4mg/dl, p.value =0.00), LDL-c (mean± SD:126.7 ±43.9 mg/dl versus
80.4±18.9 mg/dl, p.value = 0.00) and HDL-c (mean± SD: 27.9 ±10.1 mg/dl versus 32.7±6.7 mg/dl, p.value = 0.00).

In hypothyroidism the level of total cholesterol, triglycerides, and LDL-c were significant increased (mean± SD: 190.6 ±48.1 mg/dl versus 136.8 ±20.9 mg/dl, p.value = 0.00) (mean± SD: 182 ±92.5 mg/dl versus 118 ±37.4 mg/dl, p.value = 0.00) LDL-c (mean± SD: 129.2 ±49.9 mg/dl versus 80.4±18.9 mg/dl, p.value = 0.00), HDL-c was significantly decreased (mean± SD: 24.9± 8.3 mg/dl versus 32.7 ±6.7 mg/dl, p.value = 0.00).

Correlation studies were showed significant positive correlation between TSH and total cholesterol, triglycerides and LDL-c (r=0.434, 0.252, and 0.404, p.value = 0.00, 0.025, 0.00) respectively. While a significant negative correlation with HDL-c (r=−0.252, p.value=0.024).

The study concluded that there were significant increased in lipid profile (total cholesterol, LDL-c and triglycerides) in both hyperthyroidism and hypothyroidism in compared to control subject, while HDL-c was significantly decreased in both hyperthyroidism and hypothyroidism in compared to control.

Also there were significant positive correlation between TSH level and total cholesterol, triglycerides, LDL-c and significant negative correlation with HDL-c.
مستخلص الدراسة

أجريت هذه الدراسة في الفترة من إبريل وحتى أكتوبر 2016م لتقييم مستوى مصل الدهون لدى المرضى السودانيين المصابين بفرط نشاط الغدة الدرقية أو قصور نشاط الغدة الدرقية في ولاية الخرطوم.

مجموعة الدراسة تشمل المصابين بأمراض الغدة الدرقية 60(30)مرضي لديهم فرط نشاط الغدة الدرقية 30 لديهم قصور في نشاط الغدة الدرقية 30 من الأصحاء كمجموعة تحكم، وتم التوفيق بين مجموعة المرضى ومجموعة التحكم من حيث العمر والنوع.

جهاز قياس الطيف الضوئي استخدم لعمل التحاليل الخاصة لمستوى الدهون في المصل (الكلسترول الكلي ثلاثي جليسيريد، البروتينات الدموية ذات الكثافة العالية والمنخفضة)، بينما استخدمت طريقة الالتحا لقياس مستوى هرمونات الغدة الدرقية في المصل ( ثيروكسين الرياضي الكلي، ثيروكسين الثلاثي الكلي، والهرمون المنشط للغدة الدرقية) وتم تحليل البيانات بواسطة برنامج الحزمة الإحصائية للعلوم الاجتماعية.

اظهرت الدراسة ان أمراض الغدة الدرقية أكثر شيوع لدى الإناث (85%) من الذكور(15%) وكذلك أكثر انتشارا لدى المرضى في الأعمار (36-45) سنة (53% فرط نشاط الغدة الدرقية و 57% لديهم قصور في نشاط الغدة الدرقية).

عند مقارنة متوسط مستوى الدهون لدى المرضى بفرط نشاط الغدة الدرقية بمجموعة التحكم وجد أن هناك زيادة ذات دلالة إحصائية في مستوى (الكلسترول الكلي ثلاثي جليسيريد، والبروتينات الدموية ذات الكثافة المنخفضة) بينما هناك انخفاض ذو دلالة إحصائية في مستوى البروتينات ذات الكثافة العالية.
كما في الجدول (4-2): للكلسترول الكلي (الموسط±الانحراف المعياري:187±39 مقابل 136.8 ± 20.9 ملجم/100 مل. وكان الاحتمال الاحصائى للمقارنة 0.00) للثلاثى الجلسريد (164±69.6 مقابل 118±37.4 ملجم/100 مل. وكان الاحتمال الاحصائى للمقارنة 0.00) للبروتينات ذات الكثافة المنخفضة (126.7±43.9 مقابل 80.4±18.9 ملجم/100 مل. وكان الاحتمال الاحصائى للمقارنة 0.00) اما البروتينات ذات الكثافة العالية (27.9±10.9 مقابل 32.7±6.7 ملجم/100 مل. وكان الاحتمال الاحصائى للمقارنة 0.00).

تحليل معامل بيرسون للارتباط اظهر أن هناك علاقة ايجابية ذات دلالة احصائية بين الهرمون المنشط للغدة الدرقية ومستوى الكلسترول الكلي، ثلاثى جلسريد، وكلسترول البروتينات منخفضة الكثافة (معامل ارتباط بيرسون 0.434, 0.252 و 0.434) الاحتياط الاحصائى للمقارنة (0.00, 0.02 و 0.00) علي التوالي.

بينما هناك علاقة سلبية ذات دلالة احصائية بين الهرمون المنشط للغدة الدرقية ومستوى كلسترول البروتينات عالية الكثافة (معامل ارتباط بيرسون -0.252) الاحتياط الاحصائى للمقارنة (0.024).

خلصت هذه الدراسة الي ان هناك زيادة ذات دلالة احصائية في مستوى حزمة الدهون الكلية في كل من مرضى المصابين بفرط نشاط الغدة الدرقية وبقصور نشاط الغدة الدرقية عند المقارنة بمستوى الدهون لدى الإصحاء، بينما كلسترول البروتينات ذات الكثافة العالية انخفض في كل من المصابين بفرط نشاط وقصور الغدة الدرقية عند المقارنة بمستوي كلسترول البروتينات ذات الكثافة المنخفضة لدى الإصحاء. أيضا هناك علاقة ايجابية ذات دلالة احصائية بين الهرمون المنشط للغدة الدرقية ومستوى الكلسترول الكلي، ثلاثى جلسريد، وكلسترول البروتينات منخفضة الكثافة. بينما هناك علاقة سلبية ذات دلالة ايجابية بين الهرمون المنشط للغدة الدرقية وكلسترول البروتينات ذات الكثافة العالية.
List of Contents

<table>
<thead>
<tr>
<th>No</th>
<th>Title</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Verse content of Quran</td>
<td>I</td>
</tr>
<tr>
<td>2</td>
<td>Dedications</td>
<td>II</td>
</tr>
<tr>
<td>3</td>
<td>Acknowledgments</td>
<td>III</td>
</tr>
<tr>
<td>4</td>
<td>Abstract(English)</td>
<td>IV</td>
</tr>
<tr>
<td>5</td>
<td>Abstract(Arabic)</td>
<td>VI</td>
</tr>
<tr>
<td>6</td>
<td>List of Contents</td>
<td>VIII</td>
</tr>
<tr>
<td>7</td>
<td>List of tables</td>
<td>XI</td>
</tr>
<tr>
<td>8</td>
<td>List of figures</td>
<td>XII</td>
</tr>
<tr>
<td>9</td>
<td>Abbreviations</td>
<td>XIII</td>
</tr>
</tbody>
</table>

CHAPTER ONE

1.1 Introduction 1
1.2 Rationale 2
1.3 Objectives 3

CHAPTER TWO

2. Literature review 4
2.1 Thyroid gland 4
<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1.1</td>
<td>Thyroid gland function</td>
<td>4</td>
</tr>
<tr>
<td>2.1.2</td>
<td>Thyroid hormones synthesis</td>
<td>4</td>
</tr>
<tr>
<td>2.1.3</td>
<td>Thyroid hormones biochemistry</td>
<td>5</td>
</tr>
<tr>
<td>2.1.4</td>
<td>Mechanism of thyroid hormones action</td>
<td>5</td>
</tr>
<tr>
<td>2.1.5</td>
<td>Regulation of thyroid function</td>
<td>6</td>
</tr>
<tr>
<td>2.1.6</td>
<td>Thyroid dysfunction</td>
<td>6</td>
</tr>
<tr>
<td>2.1.6.1</td>
<td>Hyperthyroidism</td>
<td>7</td>
</tr>
<tr>
<td>2.1.6.2</td>
<td>Hypothyroidism</td>
<td>7</td>
</tr>
<tr>
<td>2.1.7</td>
<td>Thyroid stimulating hormone</td>
<td>8-9</td>
</tr>
<tr>
<td>2.2</td>
<td>Lipids</td>
<td>10</td>
</tr>
<tr>
<td>2.2.1</td>
<td>Cholesterol</td>
<td>10</td>
</tr>
<tr>
<td>2.2.2</td>
<td>Fatty acids</td>
<td>11</td>
</tr>
<tr>
<td>2.2.3</td>
<td>Triglycerides</td>
<td>11</td>
</tr>
<tr>
<td>2.2.4</td>
<td>Phospholipids</td>
<td>11</td>
</tr>
<tr>
<td>2.2.5</td>
<td>Plasma lipoproteins</td>
<td>12</td>
</tr>
<tr>
<td>2.2.6</td>
<td>Chylomicrons</td>
<td>12</td>
</tr>
<tr>
<td>2.2.7</td>
<td>VLDL</td>
<td>13</td>
</tr>
<tr>
<td>2.2.8</td>
<td>LDL-c</td>
<td>13</td>
</tr>
<tr>
<td>2.2.9</td>
<td>HDL-c</td>
<td>14</td>
</tr>
<tr>
<td>2.2.10</td>
<td>Relation between thyroid hormones and plasma lipid</td>
<td>14</td>
</tr>
</tbody>
</table>

**CHAPTER THREE**

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1</td>
<td>Materials and methods</td>
<td>15</td>
</tr>
<tr>
<td>3.1.1</td>
<td>Study approach</td>
<td>15</td>
</tr>
<tr>
<td>3.1.2</td>
<td>Study design</td>
<td>15</td>
</tr>
<tr>
<td>--------</td>
<td>--------------</td>
<td>----</td>
</tr>
<tr>
<td>3.1.3</td>
<td>Study area</td>
<td>15</td>
</tr>
<tr>
<td>3.1.4</td>
<td>study population</td>
<td>15</td>
</tr>
<tr>
<td>3.1.5</td>
<td>Sample size</td>
<td>15</td>
</tr>
<tr>
<td>3.1.6</td>
<td>Inclusion criteria</td>
<td>15</td>
</tr>
<tr>
<td>3.1.7</td>
<td>Exclusion criteria</td>
<td>15</td>
</tr>
<tr>
<td>3.1.8</td>
<td>Ethical consideration</td>
<td>16</td>
</tr>
<tr>
<td>3.1.9</td>
<td>Data collection</td>
<td>16</td>
</tr>
<tr>
<td>3.1.10</td>
<td>Sample collection and processing</td>
<td>16</td>
</tr>
<tr>
<td>3.2</td>
<td>Methods</td>
<td>17</td>
</tr>
<tr>
<td>3.2.1</td>
<td>Estimation of TSH</td>
<td>17</td>
</tr>
<tr>
<td>3.2.1.1</td>
<td>Principle of TSH</td>
<td>17</td>
</tr>
<tr>
<td>3.2.2</td>
<td>Estimation of T4</td>
<td>17</td>
</tr>
<tr>
<td>3.2.2.1</td>
<td>Principle of T4</td>
<td>17</td>
</tr>
<tr>
<td>3.2.3</td>
<td>Estimation of T3</td>
<td>18</td>
</tr>
<tr>
<td>3.2.3.1</td>
<td>Principle of T3</td>
<td>18</td>
</tr>
<tr>
<td>3.2.4</td>
<td>Estimation of total cholesterol</td>
<td>18</td>
</tr>
<tr>
<td>3.2.4.1</td>
<td>Principle of total cholesterol</td>
<td>18</td>
</tr>
<tr>
<td>3.2.5</td>
<td>Estimation of triglycerides</td>
<td>18</td>
</tr>
<tr>
<td>3.2.5.1</td>
<td>Principle of triglycerides</td>
<td>18</td>
</tr>
<tr>
<td>3.2.6</td>
<td>Estimation of HDL-c</td>
<td>19</td>
</tr>
<tr>
<td>3.2.6.1</td>
<td>Principle of HDL-c</td>
<td>19</td>
</tr>
<tr>
<td>3.2.7</td>
<td>Estimation LDL-c</td>
<td>19</td>
</tr>
<tr>
<td>3.2.7.1</td>
<td>Principle of LDL-c</td>
<td>19-20</td>
</tr>
</tbody>
</table>
CHAPTER FOUR

4. Results 23-28

CHAPTER FIVE

5.1 Discussion 30-31
5.2 Conclusion 32
5.3 Recommendations 33

References 34-35

Appendices

List of tables

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-1</td>
<td>Age and gender of patients with hyper and hypothyroidism</td>
<td>24</td>
</tr>
</tbody>
</table>
Mean of thyroid hormones and lipids profile in case and control groups.

List of figures

<table>
<thead>
<tr>
<th>Number</th>
<th>Description</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-1</td>
<td>Correlation between Triglycerides level and TSH level</td>
<td>26</td>
</tr>
</tbody>
</table>
### Abbreviations

<table>
<thead>
<tr>
<th>Abbreviations</th>
<th>Full term</th>
</tr>
</thead>
<tbody>
<tr>
<td>CETP</td>
<td>Cholesteryl ester transfer protein</td>
</tr>
<tr>
<td>DIT</td>
<td>Diiodothyronine</td>
</tr>
<tr>
<td>Abbreviation</td>
<td>Definition</td>
</tr>
<tr>
<td>--------------</td>
<td>------------</td>
</tr>
<tr>
<td>ELISA</td>
<td>Enzyme linkage immunosorbent assay</td>
</tr>
<tr>
<td>HDL-c</td>
<td>High density lipoprotein cholesterol</td>
</tr>
<tr>
<td>LDL-c</td>
<td>Low density lipoprotein cholesterol</td>
</tr>
<tr>
<td>HMG-CoA</td>
<td>Hydroxy-methylglutaryl coenzyme A</td>
</tr>
<tr>
<td>MIT</td>
<td>Monoiiodothyronine</td>
</tr>
<tr>
<td>TPO</td>
<td>Thyroid peroxidase</td>
</tr>
<tr>
<td>TR</td>
<td>Thyroid hormones receptor</td>
</tr>
<tr>
<td>TRH</td>
<td>Thyrotrophic releasing hormones</td>
</tr>
<tr>
<td>TSH</td>
<td>Thyroid stimulating hormones</td>
</tr>
</tbody>
</table>
CHAPTER ONE

Introduction
1. Introduction

1.1 Introduction:

Thyroid problems are one of the most common endocrine problems encountered in laboratory and clinical practice. Thyroid hormones are important regulators of many metabolic processes through their effect on protein, carbohydrate and lipid metabolism and also affect the basal metabolic rate. They have significant effect on synthesis, mobilization and metabolism of lipids. Hypothyroidism means under functioning of the thyroid gland while the over-functioning of thyroid gland is known as hyperthyroidism, hypothyroidism is more prevalent and incidence of hypothyroidism is twice to that of hyperthyroidism (Mohsin et al., 2013).

Thyroid dysfunction is more common in women and epidemiological rate of prevalence rise with age (Sayed et al., 2015). Diseases of thyroid gland are amongst the most abundant endocrine disorder in the world second only to diabetes mellitus (Shrestha, 2011).

Thyroid hormones are important modulator of intermediary metabolism, affect synthesis, mobilization and degradation of lipids although degradation is influenced more than synthesis, thyroid dysfunction associated with dyslipidemia which increased risk of endothelial dysfunction, hypertension, and cardiovascular diseases (Shrestha, 2011).
1.2 Rationale:-

Thyroid disorders a global health problem with an increasing incidence. The thyroid disorders are spread in all regions of Sudan, especially in western Sudanese in some areas up to 70% of population, According to a national study conducted in 1997, the overall prevalence of all types of goiter was 22% and prevalence ranged from 5% in the city of Khartoum to 42% in the Upper Nile region. It has been estimated that every year more than 200,000 children born in the Sudan are at risk of iodine deficiency. That 3% of those children may develop cretinism, while 10% may experience severe intellectual impairment and 87% less severe intellectual disability, thyroid dysfunction associated with dyslipidemia, which increased endothelial cell dysfunction, hypertension and cardiovascular diseases. In Sudan there is few published data concerning thyroid disorders and its effects on serum lipid profile. Therefore the present study was conducted to evaluate serum lipid profile in Sudanese patients with thyroid dysfunction.
1.3 Objectives:

1.3.1 General objectives:

To evaluate serum lipid profile among Sudanese patients with thyroid diseases (hyperthyroidism and hypothyroidism).

1.3.2 Specific objectives:

1-To estimate serum lipids profile (total cholesterol, triglycerides, LDL-c and HDL-c) in study groups.

2- To estimate serum thyroid hormones (total T4, total T3 and TSH) in all participants.

3-To correlate between TSH level and (total cholesterol, triglycerides, LDL-c and HDL-c) in thyroid diseases (hyperthyroidism and hypothyroidism)
CHAPTER TWO

Literature review
2. Literature review

2.1 Thyroid gland:-

The thyroid gland is positioned in the lower anterior neck and is shaped like a butterfly made up of two lobes that rest on each side of trachea as wings, with a band of thyroid tissue called the isthmus, two parathyroid glands usually lie on each side at the back of thyroid gland is an endocrine gland (Marissa, 2010).

The thyroid gland is one of the largest of the endocrine organs weighing about 2-3 grams in neonates and 25 grams in adults, the normal thyroid gland is made up of two lobes Each lobe is about 5 cm long, 3 cm wide and 2 cm thick joined by a thin band of tissue (isthmus), the gland is composed of closely packed spherical units (follicles), connected with a rich capillary network (Reed et al., 2003).

2.1.1 Thyroid gland functions:-

The function of the thyroid gland is to generate the quantity of thyroid hormone necessary to meet the demands of the peripheral tissues, The thyroid also contains parafollicular cells (C cells) that are the source of the calcium-lowering hormone, called calcitonin (Reed et al., 2003).

2.1.2 Thyroid hormones synthesis:-

Thyroid hormone is made primarily of the trace element iodine. Thyroid cells are organized into follicles. Follicles are spheres of
thyroid cells surrounding a core of a viscous substance termed colloid. The major component of colloids thyroglobulin, on the outer side of the follicle, iodine is actively transported into the thyroid cell by the Na_/I_ symporter located on the basement membrane. Inside the thyroid cell, iodide diffuses across the cell to the apical side of the follicle, which abuts the core of colloid. Here, catalyzed by a membrane-bound enzyme called thyroid peroxidase (TPO). Concentrated iodide is oxidized and bound with tyrosyl residues on thyroglobulin. This results in production of monoiodothyronine (MIT) and diiodothyronine (DIT). This same enzyme also aids in the coupling of two tyrosyl residues to form triiodothyronine (T3)(one MIT residue-one DIT residue) or thyroxin (T4)(two DIT residues)(Marissa, 2010).

2.1.3 Thyroid hormones biochemistry:-

Thyroid gland secretes two hormones, thyroxin (3, 5 3, 5-L-tetraiodothyronine) and triiodothyronine (3, 5 3-L-triiodothyronine) which are commonly known as T4 and T3 respectively. In addition, the thyroid gland secretes small amounts of biologically inactive (3,3,5-L-triiodothyronine) called reverser T3. Approximately 40% of the secreted T4 is deiodenated by peripheral tissue by enzymes deiodenase to yield T3 and 45% is deiodented to yield r T3 (Laurence et al., 2006).

2.1.4 Mechanism of Thyroid Hormone Action:-

Thyroid hormones regulate a wide range of genes after its activation from prohormones, thyroxin (T4) to active form,
triiodothyroxine (T3) which is more active than T4 (Gregory et al., 2012).

Thyroid hormone acts by binding to a specific nuclear DNA-bound thyroid hormone receptor (TR). T3 has a 15-fold higher binding affinity for TRs than does T4, which explains its function as the active thyroid hormone. In humans, two TR genes are found on different chromosomes (TR on chromosome 17, TR on chromosome 3) (Reed et al., 2003).

Once released from the thyroid gland, thyroid hormone circulates in the bloodstream where free T4 and T3 are available to travel across the cell membrane. In the cytoplasm, T4 is deiodinated into T3, the active form of thyroid hormone. T3 combines with its nuclear receptor on thyroid hormone-responsive genes, leading to production of messenger RNA that, in turn, leads to production of proteins that influence metabolism and development. Effects of thyroid hormone include tissue growth, brain maturation, increased heat production, increased oxygen consumption, and an increased number of β-adrenergic receptors (Marissa, 2010).

**2.1.5 Regulation of thyroid function:**

The thyroid gland participates with the hypothalamus and pituitary gland in a classic feedback control loop. In addition, there is an inverse relationship between the glandular organic iodine level and the rate of hormone formation parvocellular region of the paraventricular nuclei of the hypothalamus is the
source of the TRH that regulates TSH secretion, When secreted, this hormone stimulates cells in the anterior pituitary gland to manufacture and release thyrotropin (TSH). TSH, in turn, circulates to the thyroid gland and leads to increased production and release of thyroid hormone. When the hypothalamus and pituitary sense that there is an inadequate amount of thyroid hormone in circulation, TRH and TSH secretion increase and will lead to increased thyroid hormone production. If thyroid hormone levels are high, TRH and TSH release will be inhibited, leading to lower levels of thyroid hormone production and vice versa if thyroid hormone levels are low. This feedback loop requires a normally functioning hypothalamus, pituitary, and thyroid gland, as well as an absence of any interfering agents or agents that mimic TSH action (Marissa, 2010).

2.1.6 Thyroid dysfunction:

Hypothyroidism and hyperthyroidism are the two primary pathological conditions that involve the thyroid gland, hyperthyroidism term to describe over production of thyroid hormones, while hypothyroidism defect in production of thyroid hormones (Laurence et al., 2006).

2.1.6.1 Hyperthyroidism:

Hyperthyroidism is defined as a hypermetabolic condition caused by excessive production of thyroid hormones. This disorder is caused by a number of conditions resulting from excess availability of thyroid hormones. Some clinician prefer
the general term thyrotoxicosis rather than hyperthyroidism to define the hypermetabolic state associated with increased amounts of thyroid hormones in the circulation, the common cause of thyrotoxicosis due to hyperthyroidism is graves’ disease, an autoimmune disorder (Laurence et al., 2006).

Symptoms of hyperthyroidism:-

Weight loss, fatigue, nervousness, palpitation, rapid pulse, menstrual irregularities, heat intolerance, increased sweating, diarrhea, restlessness, tremor, muscle weakness, eye changes (grave’s disease), and variable gland enlargement (Laurence et al., 2006).

2.1.6.2 Hypothyroidism:-

Hypothyroidism is defined as a deficiency in thyroid hormones secretion and action. Myxedema is a severe form of hypothyroidism in which there is accumulation of mucopolysaccharides in the skin and other tissues, leading to a thickening of facial features and a doughy induration of the skin. Cretinism is the term used to describe severe hypothyroidism that develops in the newborn period (Laurence et al., 2006).

Symptoms of hypothyroidism:-

Weight gain, easy fatigue, lethargy, cold intolerance, hair loss, constipation, depression, slow reflexes, slower heart beat, hoarseness/ Deeping voice, dry patchy skin, elevated cholesterol,
puffy eyes, menstrual irregularities and muscle weakness (Laurence et al., 2006).

Types of hypothyroidism:-

1-Primary hypothyroidism; thyroid gland dysfunction, defect in production of thyroid hormones with normal stimulation of thyroid stimulating hormones TSH due to (iodine deficiency, thyroidectomy, and autoimmunodiseases)

2-Secondary hypothyroidism; normal thyroid function with pituitary dysfunction, Deficiency or defect in TSH production or action

3-Tertiary hypothyroidism; hypothalamic dysfunction ,with normal thyroid gland and pituitary gland function, defect in production of thyrotropin releasing hormone (TRH)(Marissa, 2010).

2.1.7 Thyroid stimulating hormone(TSH):-

Thyrotrophic is glycoprotein hormone, hetero dimmer of two none covalently linked and subunits,molecular weight of 26.6KDa,synthesized in the adenohypophysis that promotes the growth of, sustains, and stimulate the hormonal secretion of thyroid gland(Laurence et al., 2006).

Thyrotrophic releasing hormone a tripeptide is produced in hypothalamus .TRH act on the pituitary thyrotrophic to stimulate both synthesis and release of TSH .TSH in turn control the
thyroid gland and the synthesis and release of the thyroid hormone. TSH also control size and number of thyroid follicular cells. Arise in thyroid hormone concentration elicit an inhibitory effect on the pituitary response to TRH conversely a fall in thyroid hormones concentration cause an increase in both TRH and TSH secretion (Laurence et al., 2006).

TSH acts on the thyroid gland to induce thyroid hormone synthesis and release and to maintain trophic thyroid cell integrity. The TSH G protein-coupled (GPC) receptor is located on the thyrocyte plasma membrane and is encoded by a gene on chromosome 11q31, the TSH production rate is normally 100 to 400 miU/day with a calculated circulating half-life of about 50 minutes. Secretion rates are enhanced up to 15-fold in hypothyroid subjects and are suppressed in states of hyperthyroidism (Reed et al., 2003).
2.2 Lipids:

Lipids are hydrophobic molecules that are insoluble or minimally soluble in water. They are found in cell membranes, which maintain cellular integrity and allow the cytoplasm to be compartmentalized into specific organelles. Lipids function as a major form of stored nutrients (triglycerides), as precursors of adrenal and gonadal steroids and bile acids (cholesterol), and as extracellular and intracellular messengers (e.g. prostaglandins, phosphatidylinositol). Lipoproteins provide a vehicle for transporting the complex lipids in the blood as water-soluble complexes and deliver lipids to cells throughout the body (Robert et al., 2003).

2.2.1 Plasma lipid:

2.2.1.1 Cholesterol:-

Cholesterol an unsaturated steroid alcohol containing four rings (A, B, C, and D), and it has a single C-H side chain tail similar to a fatty acid in its physical properties. The only hydrophilic part of cholesterol is the hydroxyl group in the A-ring. Cholesterol is, therefore, also an amphipathic lipid and is found on the surface of lipid layers along with phospholipids. Cholesterol is oriented in lipid layers so that the four rings and the side chain tail are buried in the membrane in a parallel orientation to the fatty acid acyl chains on adjacent phospholipids molecules. The polar hydroxyl group on the cholesterol A-ring faces outward, away from the lipid layer,
allowing it to interact with water by monovalent hydrogen bonding. Cholesterol can also exist in an esterified form called cholesteryl ester, with the hydroxyl group conjugated by an ester bond to a fatty acid, in the same way as in triglycerides. In contrast to free cholesterol, there are no polar groups on cholesteryl esters, making them very hydrophobic. Cholesterol is also unique in that, unlike other lipids, it is not readily catabolized by most cells and, therefore, does not serve as a source of fuel. Cholesterol can, however, be converted in the liver to primary bile acids, such as cholic acid and chenodeoxycholic acid, which promote fat absorption in the intestine by acting as detergents. A small amount of cholesterol can also be converted by some tissue, such as the adrenal gland, testis, and ovary, to steroid hormones, such as glucocorticoids, mineralocorticoids, and estrogens.

Finally, a small amount of cholesterol, after first being converted to 7-dehydrocholesterol, can also be transformed to vitamin D3 in the skin by irradiation from sunlight (Amaret al., 2010).

2.2.1.2 Fatty Acids

Fatty acids, as seen in the structure shown in, are simply linear chains of C-H bonds that terminate with a carboxyl group (-COOH). In plasma, only a relatively small amount of fatty acids exists in the free or unsterilized form, most of which is bound to albumin (Amar et al., 2010).
2.2.1.3 Triglycerides

As can be inferred from the name, triglycerides contain three fatty acid molecules attached to one molecule of glycerol by two ester bonds. Each fatty acid in the triglyceride molecule can potentially be different in structure, thus producing many possible structural forms of triglycerides. Triglycerides containing saturated fatty acids (Amar et al., 2010).

2.2.1.4 Phospholipids

Phospholipids are similar in structure to triglycerides except that they only have two esterifies fatty acids (The third position on the glycerol backbone instead contains a phospholipids head group. There are several types of phospholipids head groups, such as chorine, inositol, serine, and ethanolamine, which are all hydrophilic in nature. The various types of phospholipids are named based on the type of phospholipids head group present. Phosphatidylcholin, for example, has a choline head group and is the most common phospholipids found on lipoproteins and in cell membranes (Amar et al., 2010).

2.2.2 Plasma lipoproteins:

Lipoproteins are synthesized by the liver and the intestines. Their main physiological function is that of transporting dietary and endogenously synthesized lipids in the blood. Lipoproteins are macromolecular complexes. Their constituents are arranged to form an outer shell or envelope, comprised of the amphipathic Apo lipoproteins, phospholipids and free cholesterol (polar
groups facing outwards), surrounding an inner core containing the non-polar cholesterol esters and triglycerides. In normal plasma, there are five main lipoprotein classes, defined according to their behavior upon ultracentrifugation (flotation rates), which depends on their hydrated densities, they also differ in their lipid and Apo lipoprotein content as well as in electrophoretic mobility (Evelyn et al., 1999).

### 2.2.2.1 Chylomicrons:

These are large triglyceride-rich complexes, formed from dietary lipids and Apo lipoproteins in the microvillus of the small intestines. They are released into the lacteals of the lymphatics, reaching the systemic system via the thoracic duct. For a few hours after each meal, they serve to transport exogenous lipids from the intestines to all cells but are virtually absent from normal plasma after a 12-hour fast. Chylomicrons are the largest of the lipoproteins, and therefore have the lowest density and electrophoretic mobility. They contain very little protein (1-2%) but their Apo lipoprotein components, especially Apo B-48, are essential for their synthesis and secretion. This is illustrated by the complete absence of chylomicrons from the plasma of patients with betalipoproteinemia, in whom there is an inherited defect of Apo B secretion (Evelyn et al., 1999).

### 2.2.2.2 Very low density lipoproteins (VLDL):

These are moderately large particles, with triglycerides as the main lipid component, and Apo B-100, the main Apo
lipoprotein. They are formed mainly in the liver, and to a lesser extent in the intestinal mucosa. Their main function is to transport endogenously synthesized lipids from the liver to extra hepatic cells for utilization or storage. With a half-life of 2-4 hours, the rate of turnover of VLDL in humans is less rapid than that of chylomicrons. Two other classes of lipoproteins, the intermediate density and the low density lipoproteins, are derived from VLDL metabolism (Evelyn et al., 1999).

Intermediate density lipoproteins (IDL):

The intermediate density lipoproteins (IDL), sometimes termed VLDL remnants, are transient intermediates formed during the conversion of VLDL to LDL. By virtue of their transient existence, IDL are not detected in normal plasma. However, in certain forms of hyperlipidemia, IDL excess in the plasma may produce a characteristic ‘broad p’ band during lipoprotein electrophoresis and thus can become a major determinant of both serum total cholesterol and triglyceride concentrations (Evelyn et al., 1999).

2.2.2.3 Low density lipoproteins (LDLc):

These are relatively smaller, cholesterol-rich particles, derived mainly from the metabolism of VLDL; however, direct hepatic synthesis and secretion of LDLc has been demonstrated in patients with familial hypercholesterolemia and Type III hyperlipidemia. LDL serves as the main cholesterol carrier in the plasma. They differ from their precursors, the VLDL, in their
much lower triglyceride content and in retaining only one of the various Apo lipoproteins found in VLDL, namely, Apo B-100 (Evelyn et al., 1999).

2.2.2.4 High density lipoproteins (HDLc):

These are the smallest of the lipoproteins and the densest. Their lipid to protein ratio is 1:1. Cholesterol (25%) and phospholipids (20%) make up the bulk of the lipid fraction, there being very little triglycerides (5%) in these particles. They are involved in mediating the reverse transport of cholesterol from cells in peripheral tissues to the liver, for excretion from the body. Several subgroups have been recognized, designated HDL-1, HDL-2, HDL-3, and HDL-4, which differ in their protein and lipid content shape, structure, and density. There is progressive loss of phospholipids, cholesterol, and cholesterol esters when HDLc are transformed from HDL-1 to HDL-4 (Evelyn et al., 1999).

2.2.3 Relation between thyroid hormones and plasma lipid:

Thyroid function regulates a wide array of metabolic parameters, and significantly affects lipoprotein metabolism. Thyroid hormones induce the 3-hydroxy-3-methylglutary lcoenzyme A (HMG-CoA) reductase, which is the first step in cholesterol biosynthesis. triiodothyronine (T3) upregulates LDL receptors by controlling the LDL-c receptor gene activation. This T3-mediated gene activation is done by the direct binding of T3 to specific thyroid hormone responsive elements. T3
controls the sterol regulatory element-binding protein-2 (SREBP-2), which in turn regulates LDL-c receptor’s gene expression. T3 has also been associated with protecting LDL-c from oxidation. Thyroid hormones can influence HDL-c metabolism by increasing cholesteryl ester transfer protein (CETP) activity, which exchanges cholesteryl esters from HDL2 to the very low density lipoproteins (VLDL) and triglycerides to the opposite direction. In addition, thyroid hormones stimulate the lipoprotein lipase (LPL), which catabolizes the triglycerides-rich lipoproteins, and the hepatic lipase (HL), which hydrolyzes HDL2 to HDL3 and contributes to the conversion of intermediate-density lipoproteins (IDL) to LDL (Rizos, 2011).
CHAPTER THREE

Materials and methods
3. Materials and Methods:

3.1 Materials:

3.1.1 Study approach:

Quantitative methods were used to estimate lipid profile and thyroid hormones in Sudanese patients with thyroid diseases (hyperthyroidism and hypothyroidism) in Khartoum state during the periods from April to October 2016.

3.1.2 Study design:

This was case-control study.

3.1.3 Study area:

This study was conducted in Khartoum state.

3.1.4 Study populations:

The study included patients with thyroid diseases (hyperthyroidism and hypothyroidism).

3.1.5 Sample size:

This study included 60 patients and 30 apparently healthy individual serve as control (age and sex were matched with test group).
3.1.6 **Inclusion Criteria:**

Sudanese patients with hyperthyroidism and hypothyroidism and apparently healthy volunteers were included in this study.

3.1.7 **Exclusion criteria:** The criteria of exclusion based on excluding any patients with chronic diseases, familiar history, cardiovascular diseases, smoking, pregnant women any drug that affect lipids metabolism.

3.1.6 **Ethical consideration:**

Oral Informed consent was obtained from all the participants at the start of the study to evaluate the serum lipid in patients with thyroid diseases (hyperthyroidism and hypothyroidism).

3.1.7 **Data collection:**

The clinical data were obtained and recorded on questionnaire sheet Appendix I

3.1.8 **Samples collection and processing:**

Local 70% antiseptic for the skin was used, 4ml fasting blood was collected by standard venipuncture method, directly in centrifuge tube (plain container) and the serum was separated, after centrifugation for 5 minutes at 5000 r.p.m at room temperature and the sera were used immediately for estimation of thyroid hormones.T₃, T₄ and TSH, and lipid profile (total cholesterol, triglycerides, LDL-c, and HDL-c).
3.2 Methods:

3.2.1 Estimation of Thyroid stimulating hormones (thyrotropin) (TSH):

3.2.1.1 Principle of TSH method: The TSH ELISA test is based on immune enzymatic reaction without competition, high affinity, and specificity monoclonal antibodies (anti-TSH) immobilized (solid phase) on wells in excess, incubated against TSH molecules, and conjugated anti-TSH antibodies, the test sample is allowed to react simultaneously with two antibodies, resulting in TSH molecules being sandwiched between two solid phase and enzyme linked antibodies, after incubation the wells wash with water to remove unbound antibodies. A solution of substrate is added and incubate resulting in development of colors, stop solution is added, the concentration of TSH is directly proportional to the color intensity of the sample. Absorbance is measured spectrophotometrically at 450nm Appendix (II).

Procedure and calculations of TSH: in Appendix (II)

3.2.2 Estimation of total thyroxin (T4):

3.2.2.1 Principle of method: The essential reagents required for a solid phase enzyme immunoassay include immobilized antibody, enzyme antigen conjugate and native antigen (T4 in sample). Upon mixing immobilized antibody, enzyme-antigen conjugate and a serum containing the native antigen, a competition reaction results between the native antigen and the
enzyme-antigen conjugate for a limited number of insolubilized binding sites. The antibody-bound fractions separated from unbound antigen by decantation or aspiration. The enzyme activity in the antibody-bound fraction is inversely proportional to the native antigen concentration. By utilizing several different serum references of known antigen concentration, a doseresponse curve can be generated from which the antigen concentration of an unknown can be ascertained Appendix (III).

Procedure and calculations of T4: in Appendix (III)

3.2.3 Estimation of Total triiodothyroxin (total T3):

3.2.3.1 Principle of T3 method:

The essential reagents required for a solid phase enzyme immunoassay include immobilized antibody, enzyme antigen conjugate and native antigen (T3 in sample). Upon mixing immobilized antibody, enzyme-antigen conjugate and a serum containing the native antigen, a competition reaction results between the native antigen and the enzymeantigen conjugate for a limited number of insolubilized binding sites, the antibody-bound fractions separated from unbound antigen by decantation. The enzyme activity in the antibody-bound fraction is inversely proportional to the native antigen concentration. By utilizing several different serum references of known antigen concentration, a doseresponse curve can be generated from which the antigen concentration of an unknown can be ascertained Appendix (IV).
Procedure and calculations of T3: in Appendix (IV)

3.2.4 Estimation of total cholesterol:

3.2.4.1 Principle of total cholesterol method: Free and esterified cholesterol in sample originates, by means of the coupled reactions described below a colored complex that can be measured by spectrophotometry.

Cholesterol ester + H2O $\rightarrow$ Cholesterol + fatty acid

Cholesterol + O2+ H2O $\rightarrow$ Cholestenone + H2O2

2H2O2 + 4-aminoantpyrine + phenol $\rightarrow$ Quinonemine + 4H2O

Appendix (V)

Procedure and calculations of total cholesterol: in Appendix (V).

3.2.5 Estimation of triglyceride:

3.2.5.1 Principle of triglycerides method: Triglycerides in the sample originates, by means of the coupled reactions described below a colored complex that can be measured by spectrophotometry.

Triglyceride + H2O $\rightarrow$ glycerol + fatty acid

Glycerol + ATP $\rightarrow$ glycerol-3-p + ADP

Glycerol-3-p + O2 $\rightarrow$ dihydroacetone-p + H2O2
2H₂O₂ + 4-aminoantipyrine + phenol → Quinone mine + 4H₂O₂

(Appendix VI).

Procedure and calculations of triglycerides: in Appendix (VI)

3.2.6 Estimation of high density lipoprotein (HDL- c):

3.2.6.1 Principle of method:

Very low density lipoprotein (VLDL) and low density lipoprotein (LDL-c) in the sample precipitate by phosphotungstate and magnesium ions. The supernatant contain high density lipoprotein (HDL-c) the HDL-c is then spectrophotometrically measured by means of the coupled reactions describe below:

Cholesterol ester + H₂O → Cholesterol + fatty acid

Cholesterol + O₂+ H₂O → Cholestenone + H₂O₂

2H₂O₂ + 4-aminoantpyrine + phenol → Quinone mine + 4H₂O₂

(Appendix VII).

Procedure and calculations: in Appendix (VII).

3.2.7 Estimation of low density lipoprotein (LDL- c):

3.2.7.1 Principle of method:

Low density lipoprotein (LDL-c) in sample precipitate with polyvinyl sulphate. Their concentration is calculated from difference between the serum total cholesterol and the
cholesterol in the supernatant after centrifugation. The cholesterol is spectrophotometrically measured by means of coupled reactions described below:

\[ \text{Cholesterol ester} + \text{H}_2\text{O} \rightarrow \text{Cholesterol} + \text{fatty acid} \]

\[ \text{Cholesterol} + \text{O}_2 + \text{H}_2\text{O} \rightarrow \text{Cholestenone} + \text{H}_2\text{O}_2 \]

\[ 2\text{H}_2\text{O}_2 + 4\text{-aminoantpyrine} + \text{phenol} \rightarrow \text{Quinonemine} + 4\text{H}_2\text{O}. \]

LDL-c can be calculated by the following equation:

\[ \text{LDL-c} = \text{total cholesterol} - (\text{triglycerides}/5 - \text{HDL-c}) \]
3.3 Quality control:

The precision and accuracy of all methods used in this study were checked by commercially prepared control sample before application for the measurement of test and control samples.

3.4 Data analysis:

Data was analyzed using statistical package for the social science computer program. SPSS version 11
CHAPTER FOUR

Results
4. Results

The results of the biomedical determinant serum lipid profile (total cholesterol, triglycerides, HDL-c and LDL-c) and thyroid hormones (T4, T3, and TSH) are given in a tables and figures.

**Table (4-1):** Show age and gender of patients with hyperthyroidism and hypothyroidism, the results showed that: the numbers of patients with hyperthyroidism whose age between (25-35) years were 7(23%), (36-45) years were 16(53%), and (46-65) years were 7(23%). While the numbers of patients with hypothyroidism whose age between (25-35) years were 7(23%), (36-45) years were 17(57%), and (46-65) years were 6(20%).

Numbers of male patients were 9(15%) (5 with hyperthyroidism, 4 with hypothyroidism) while numbers of female patients were 51(85%) (25 with hyperthyroidism, 26 with hypothyroidism).

**Table (4-2):** Illustrate the mean of thyroid hormones and lipid profile in cases and control.

Lipid profile (total cholesterol (T.C), triglycerides (T.G), LDL-c and HDL-c) in hyperthyroidism T.C, T.G and LDL-c were significant increased in patients compared to control group while HDL-c decreased, as in table (4-2): T.C (mean± SD: 187 ±39 mg/dl versus 136.8±20.9 mg/dl, p.value = 0.00), T.G (mean± SD:164.6 ±69.6 versus 118±37.4mg/dl, p.value = 0.00), LDL-c
(mean± SD:126.7 ±43.9 versus 80.4±18.9mg/dl, p.value = 0.00),
and HDL-c (mean± SD:27.9 ±10.1 versus 32.7±6.7mg/dl,
P.value = 0.00), in hypothyroidism significant increase in T.C
(mean± SD:190.6 ±48.1 versus 136.8 ± 20.9mg/dl, p.value=
0.00) T.G (mean± SD:182 ±92.5 versus 118 ±37.4mg/dl,
P.value= 0.00) LDL-c(mean± SD: 129.2 ±49.9versus 
80.4±18.9mg/dl, P.value = 0.00) and significant decreased in
HDL-c (mean± SD: 24.9± 8.3 versus 32.7 ±6.7 mg/dl, P.value=
0.00).

**Figure (4-1):** Show correlation between the levels of TSH land
total cholesterol, there was significant positive correlation
(r=0.434, P.value = 0.00).

**Figure (4-2):** Show correlation between the levels of TSH and
triglycerides, there was significant positive correlation (r=0.250,
P. value = 0.025).

**Figure (4-3):** Show correlation between the levels of TSH and
LDL-c, there was significant positive correlation (r=0.404,
p.value= 0.00).

**Figure (4-4):** Show correlation between levels of TSH and
HDL-c there was significant negative correlation (r=-0.252,
p.value = 0.024).
Table (4-1): Distribution of Age and gender of patients with hyperthyroidism and hypothyroidism.

<table>
<thead>
<tr>
<th>Variables</th>
<th>Hyperthyroidism</th>
<th>Hypothyroidism</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 25-35</td>
<td>23% (n=7)</td>
<td>23% (n=7)</td>
</tr>
<tr>
<td>Age 36-45</td>
<td>53% (n=16)</td>
<td>57% (n=17)</td>
</tr>
<tr>
<td>Age 46-65</td>
<td>23% (n=7)</td>
<td>20% (n=6)</td>
</tr>
<tr>
<td>Sex male</td>
<td>17% (n=5)</td>
<td>13% (n=4)</td>
</tr>
<tr>
<td>Sex female</td>
<td>83% (n=25)</td>
<td>87% (n=26)</td>
</tr>
</tbody>
</table>
Table 4-2: Comparison between means of lipids profile and thyroid hormones in thyroid diseases (hyperthyroidism and hyperthyroidism) and control.

<table>
<thead>
<tr>
<th>Parameter</th>
<th>Hyper</th>
<th>Hypo</th>
<th>Control</th>
<th>p.value</th>
</tr>
</thead>
<tbody>
<tr>
<td>T4 µg/ml</td>
<td>197.6±10.5</td>
<td>39.5±26.1</td>
<td>85.8±13.9</td>
<td>0.00</td>
</tr>
<tr>
<td>T3 ng/ml</td>
<td>3.9±0.78</td>
<td>0.59±0.35</td>
<td>1.2±0.38</td>
<td>0.00</td>
</tr>
<tr>
<td>TSH µIU/ml</td>
<td>0.02±0.07</td>
<td>16.5±9.5</td>
<td>1.5±0.35</td>
<td>0.00</td>
</tr>
<tr>
<td>T.C mg/dl</td>
<td>187.6±39.0</td>
<td>190.6±48.1</td>
<td>136.8±20.9</td>
<td>0.00</td>
</tr>
<tr>
<td>T.G mg/dl</td>
<td>164.6±69.6</td>
<td>182±92.5</td>
<td>118±37.4</td>
<td>0.012</td>
</tr>
<tr>
<td>LDLc mg/dl</td>
<td>126.7±43.9</td>
<td>129.2±49.4</td>
<td>80.4±18.9</td>
<td>0.00</td>
</tr>
<tr>
<td>HDLc mg/dl</td>
<td>27.9±10.1</td>
<td>24.9±8.3</td>
<td>32.7±6.7</td>
<td>0.012</td>
</tr>
</tbody>
</table>

Data represent mean ± SD, p.value < 0.05 considered significant.

ANOVA test was used for comparison.
Figure (4-1): Correlation between total cholesterol level and TSH level

\( (r = 0.434, \text{p.value} = 0.00) \).
Figure (4-2): Correlation between Triglycerides level and TSH level ($r=0.250$, p.value=0.00).
Figure (4-3): scatter plot of correlation between LDL-c level and TSH level (r=0.404, p.value=0.00)
Figure (4-4): scatter plot of correlation between HDL-c level and TSH level ($r=-0.252, p.value=0.024$)
CHAPTER FIVE

Discussion, Conclusions, and Recommendations
5.1 Discussion

Normal thyroid function is the most important for normal lipoprotein metabolism, so that alteration of the thyroid function leads to alteration in lipoprotein metabolism as well as lipid profile. Thyroid function affects lipoprotein metabolism as well as cardiovascular disease risk. Thyroid hormones have a significant effect on the synthesis, mobilization and metabolism of lipid factors (Sayed et al., 2015).

The present study was carried out to evaluate the serum lipid profile among Sudanese patients with hyperthyroidism and hypothyroidism in Khartoum state.

The finding obtained from specially designed questionnaire revealed that, the majority of patients with hyper or hypothyroidism participate in this study were female (85%) while male was (15%). Also hyperthyroidism and hypothyroidism are most common among age (36-45) years (in hyperthyroidism 16(35%), hypothyroidism 17(57%)). These results in agreement with previous published results carried out by (Sayed et al., 2015) which showed that thyroid disorders are common in female and old age this may be due to a sex difference in the prevalence of autoimmune diseases (Sayed et al., 2015).

The result of present study showed there were significant increased in total cholesterol, triglycerides, and LDL-c (p.value = 0.00) in hyperthyroidism patients compared to control group, this
result agreed with another studies (Regmi et al., 2010), which showed that total Cholesterol and LDL-c significantly increased. Also the result agreed with the result carried out by (Ferdos et al., 2012) which found significant increased in total cholesterol, triglycerides and LDL-c while HDL-c was decreased.

This result may be due to thyroid hormones can influence HDL-c metabolism by increasing cholesteryl ester transfer protein (CETP) activity, which exchanges cholesteryl esters from HDL2 to the very low density lipoproteins (VLDL) and Triglycerides to the opposite direction.

This result disagreed with another study carried out by (Sayed et al., 2015) which show,there were no significant differences in lipid profile in hyperthyroidism compared to control group.

In hypothyroidism the studies showed significant increased in levels of total cholesterol, triglycerides LDL-c (p.value = 0.00, 0.012 and 0.00) respectively while HDL-c was significant decreased (p.value = 0.021) this result in agreement with results (Sayed et al., 2015), (Rizos et al., 2011), (Khan et al., 2013) and (Shrestha, 2011) which found significant increase in total cholesterol, triglycerides, LDL-c and HDL-c.

This results showed a significant positive correlation between TSH level and total cholesterol, triglycerides and LDL-c(r = 0.434, 0.250, 0.404 p.value = 0.00,0.025 and 0.00) respectively and a significant negative correlation with HDL-c(r=-
0.252P.value =0.024). This result is in agreement with the results carried out by (Shivaleela et al., 2016; Waleed et al., 2013).

Which found a significant positive correlation between TSH and total cholesterol, triglycerides, LDL-c and HDL-c, this relation may be due to thyroid hormones increases the expression and concentrations of apo A-I protein, major protein in HDL-c.
5.2 Conclusion: According to the results of this study it is concluded that:

1- Total cholesterol, triglycerides, and LDL-c are significant increase in hyperthyroidism and hypothyroidism patients.

2- HDL-c is significantly decreased in hyperthyroidism and hypothyroidism patients.

3- There are significant positive correlation between level of TSH and level of total cholesterol, triglycerides and LDL-c. While significant negative correlation with HDL-c.
5.3 **Recommendations**: - From the finding of this study it is recommended that:

1- Investigation of thyroid hormones should be done in patients presenting with dyslipidemia.

2- Patients with thyroid dysfunction should be monitoring of lipid profile to prevent cardiovascular diseases.

3- Further studies should be done to estimate free thyroid hormones (FT4 and FT3) in dyslipidemic patients.
References


