

## Association between Thyroid and Diabetes Mellitus

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There is association between thyroid disorder and diabetic mellitus is characterized by complex interdependency each other.

Diabetic type 2 is more than 40 years generally they have insulin resistance with obesity and increase quantity of insulin in blood due to insulin resistance, this may increase thyroid gland nodularity and hypothyroidism.

Diabetic type 1, generally, patients are thin build, deficiency of insulin, age in less than 20 years of age. Hyperthyroidism increases the Glucose in the blood cause hyperglycemia due to increase absorption Glucose from the intestine and liberation of the glucose from the liver increase of stress hormone also cause the hyperglycemia in other hand.

Hypothyroidism hypoglycemia due to low absorption from the intestine and the low output from the liver by the glycogen to convert in the glucose.

Additionally, thyroid hormones may further alter carbohydrate metabolism via its interaction with leptin, adiponectin, and gut hormones, namely, ghrelin. However, this association and the resulting alteration in metabolic effects need further research.

There is seen subclinical hypothyroid should be treated well it can be complicated to diabetes , hypothyroidism. Finally, patient should be checked glucose periodically in the thyroid patient. Diabetic. Patient should check thyroid function test to prevent complications.