

## Food intake and diet history in patients with thyroid disorders

Supported by: GREEN, IAS, AIC

### Background

Thyroid disorders, particularly hypothyroidism or hyperthyroidism, are among the common clinical disorders occurring in most communities. The main aim of this study was to determine the individual characteristics, common clinical signs and food intake and diet history in patients with hypo- or hyperthyroidism.

### Methods

This study was a cross sectional retrospective study, which was conducted to investigate individual characteristics, common clinical signs and diet history in patients with hypo- or hyperthyroidism. Statistical population in our study comprised patients with hypo- or hyperthyroidism referring to hospitals or care centers during 2003-2007, and were documentary profiled. Individual questionnaire, clinical signs questionnaire, food frequency questionnaire and face to face interview were used to collect the data. The data was analyzed using t- or Chi-square tests.

### Results

The results showed that out of 1080 patients whom we studied, 63% were hypothyroid and 37% were hyperthyroid. The frequency of hyperthyroidism or hypothyroidism was higher in females than males ( $p < 0.001$ ). There was lower consumption of meat and cereal food groups in patients than standard recommended orders ( $p < 0.01$ ).

### Conclusion

Occurrence of hyperthyroidism or hypothyroidism was more common in females than males. Diet history was significantly associated with hypo- or hyperthyroidism occurrence.