



Cumbria Advisory Thyroid Service

INFORMATION SHEET



THYROID – THE LINK WITH DIABETES

Insulin dependent diabetes – diabetes insipidus – usually occurring in people under 30 years of age, has been definitely linked with autoimmune disease. This is an autoimmune attack on the cells in the pancreas that produce insulin. It must be stressed that there may also be a genetic link as in all autoimmune conditions. There is also another type of diabetes, diabetes mellitus, which is non-insulin dependent, and tends to occur in over 30's.

Over one in ten people with diabetes has an abnormal thyroid function. Both types can be inherited. As with undiagnosed thyroid conditions, it has been noted, that there are probably over 1 million undiagnosed diabetics.

Due to the connection with thyroid dysfunction, it is wise for every thyroid patient to be aware of the symptoms of diabetes:

- Frequent urination
- Passing large volumes of dilute urine
- Thirst
- Weight loss – despite normal appetite
- Tiredness
- Tingling in hands and feet
- Blurred vision
- Constipation
- Injuries and spots taking longer to heal
- Prone to infections, which take longer to resolve

Diabetes can be first detected by a simple testing of urine indicating the presence of glucose. Treatment and self awareness can help to control the condition, and usually as in thyroid disease, treatment is life long.

IMPORTANT:

If you have a history of diabetes in the family, and/or recognise some or all of the symptoms stated in this leaflet, then go **IMMEDIATELY** to your G.P. and take a sample of your urine. This can be tested straightaway.

Early treatment, as with thyroid conditions, will help you regain the quality of your life.

C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

Disclaimer

The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.