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# Original article:

# A comparative study of blood glucose, lipid profile and thyroid function in obese subjects

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**ABSTRACT:**

**Background & Objectives:** In view of life style disease like obesity, hypertension, ischemic heart disease becoming the major cause of mortality and morbidity in Indians it is thought pertinet to undertake this study to assess and compare glucose level, serum lipid profile and thyroid function in normal and obese subjects.

**Material & Method :** The present study had been conducted in the Department of Physiology and Biochemistry, J.L.N. Medical College and Hospital, Ajmer in a Group of 100 subjects with 50 healthy and 50 obese subjects BMI>30 of age group between 20 to 50 year.

**Result:** Result was showing as the BMI increases prevalence of raised blood glucose and dyslipidemia increased. . Prevalence of raised blood glucose,raised total cholesterol ,triglyceride,LDL,VLDL level in following order 32%,40%,42%,44%,28% and decreased HDL level was found in 54% subjects,most prevalent dyslipidemia was decreased HDL level.

**Conclusion:** This study also concludes that obesity increases the risk of hypothyroidism, which was more common in females than males.

The low percentage of subjects with normal and controlled parameters suggests that there is a need for awareness programs and lifestyle interventions for the prevention and control of Obesity.

**Key words:** Blood glucose, dyslipidemia, obesity, thyroid stimulating hormone