



**САКАЈ СЕ СЕБЕСИ,
САКАЈ ГО СВОЕТО ЗДРАВЈЕ**

НЕДЕЛА НА **ЖЕНСКО** ЗДРАВЈЕ **17 МАЈ**
2025

СКОПЈЕ - МАКЕДОНИЈА



КНИГА НА АПСТРАКТИ

**ПРИРАЧНИК ЗА СКРИНИНГ И ДИЈАГНОСТИКА
НА НАРУШУВАЊАТА НА МЕНТАЛНОТО ЗДРАВЈЕ
ВО ПРЕТКОНЦЕПЦИСКИ И ПЕРИНАТАЛЕН ПЕРИОД**



МАКЕДОНСКА
АСОЦИЈАЦИЈА
НА ГИНЕКОЛОЗИ
И ОПСТЕТРИЧАРИ

MACEDONIAN
ASSOCIATION
OF GYNECOLOGISTS
AND OBSTETRICIANS

www.agom.org.mk

THE IMPACT OF SUBCLINICAL HYPOTHYROIDISM ON THE LIPID PROFILE IN PERIMENOPAUSAL AND POSTMENOPAUSAL WOMEN

Aleksandar Nakov¹, Ana Kocevskaja¹, Aleksandra Eftimova – Kitanova¹,
Marijana Filipovska – Rafajlovska¹, Iskra Martinovska¹

¹Specialized hospital for gynecology and obstetrics "Mother Teresa" – Skopje, Republic of North Macedonia

e-mail: anakov2023@gmail.com

Introduction: Thyroid hormones play an important role in the regulation of lipid metabolism. Subclinical hypothyroidism is defined as a mild increase in thyroid-stimulating hormone (TSH) and normal free thyroxine (fT4) levels. It may be associated with lipid profile abnormalities. Our study aimed to assess the association between subclinical hypothyroidism and changes in lipid profile.

Methods: The study included 80 patients at the age >40 years (perimenopausal and postmenopausal period), without a history of thyroid disease. We determined serum TSH and fT4 values, as well as lipid profile (total cholesterol, LDL cholesterol, HDL cholesterol, triglycerides). Subclinical thyroidism was diagnosed if TSH values were above 4.2 mU/L, and fT4 with normal values (10.30-24.45 pmol/L).

Results: Subclinical hypothyroidism was diagnosed in 11 patients (13.75%). Patients with subclinical hypothyroidism, compared to those with normal TSH values, had significantly higher levels of total cholesterol (6.14 vs 5.3 mmol/L) and LDL cholesterol (3.9 vs 3.63 mmol/L). There was no significant difference in HDL cholesterol and triglyceride levels.

Conclusion: Subclinical hypothyroidism is common in perimenopausal and postmenopausal women. It is associated with dyslipidemia and increased risk of atherosclerosis. Also, biochemical screening for thyroid dysfunction is recommended for patients with dyslipidemia.

Keywords: subclinical hypothyroidism, dyslipidemia, perimenopause, postmenopause