

BACKGROUND: The association between diabetes and thyroid disease is well recognized. Polyglandular autoimmune syndromes (PAS) include type 1 diabetes and thyroid disease. Autoimmunity is the common denominator for both conditions. Recent literature shows evidence of increased prevalence of goitre in type 2 diabetics as well. Data on association between prevalence of goitre and diabetes is deficient for Sri Lankan population. **OBJECTIVE:** To describe the association between prevalence of goitre and diabetes. **DESIGN, SETTING AND METHODS:** A cross sectional study was done as part of an islandwide study on prevalence of goitres. 5000 subjects were screened from 6 zones of Sri Lanka based on the rainfall pattern. From each zone, 18 GN (Grama Niladhari) areas were selected. From each GN area, 50 people were screened using a pre-tested questionnaire which contained a special column to assess the comorbidity of those screened. **Results:** 5000 subjects were screened. 4232 had no comorbidity. 310 (7.32%) had goitres among normal population. 125 had diabetes. Of them, 15(12%) people had goitres. 12 of them were clinically euthyroid and 3 were hyperthyroid. FNAC results showed - 7 had autoimmune thyroiditis, 2 had follicular proliferation, 1- benign cells only, 2 were non-diagnostic. 3 people had not given consent for the procedure.

	Diabetic population (125)		Normal population (4232)	
	Subjects with goitres	Subjects without goitres	Subjects with goitres	Subjects without goitres
Female	15(12%)	76 (60.8%)	275 (6.5%)	2408 (56.9%)
Male	0 (0%)	34 (27.2%)	35 (0.82%)	1514(35.78%)

P=.05 whole, P= .056 female

CONCLUSIONS: There is a statistically significant increase in prevalence of goitre among diabetics in this study. 47% of them showed autoimmune thyroiditis on FNAC. Further study including thyroid autoimmune antibody assay should be considered.