Low T3 syndrome due to metabolic acidosis/ketoacidosis in type 1 diabetes mellitus

Irina Demikhova, Claudia Weissenbacher, Julia Roeb, Carmen Sydlak, Michael Marx, Susanne Bechtold Dalla Pozza, Heinrich Schmidt
Childrens Hospital of Ludwigs-Maximilians-University, Munich, Germany

Conclusion: Low T3 syndrome should not be interpreted as hypothyroidism, but as a protective mechanism during an acute stressful metabolic event in Type 1 DM. The level of fT3 partly reflects the metabolic derangement.

Background:
The insulin deficiency leads to metabolic imbalance with hyperglycemia, acidosis and proneness to ketosis. This may acutely affect thyroid metabolism.

Aims:
To examine the correlation between fT3 and BE, pH, HCO3, anion gap, HbA1c, IAA, IA2, GADA

Methods:
n = 48 patients (30 females; mean age: 9.4a ± 4.1
Correlation (Spearman test): r(s)

Results:
➢ fT3 and pH, BE, HCO3, anion gap, HbA1c: significant
➢ fT3 and IAA, IA2,GAD, BMI: not significant
➢ Metabolic acidosis: low T3 in 86%
➢ Ketoacidosis: low T3 in 91%
➢ fT3 normalisation during 3-5 days