

## *Role of hypothyroidism in the onset of metabolic syndrome and hepatic steatosis*

*Introduction:* The comorbidity of metabolic syndrome and hypothyroidism results in significant progression of the atherosclerotic process, bearing in mind the overlap of pathogenic mechanisms. Reduced thyroid function is an independent risk factor for liver steatosis, which is considered a hepatic component of metabolic syndrome.

*Objective:* The study aimed to examine the role of hypothyroidism in the onset of metabolic syndrome and hepatic steatosis.

*Methods:* The study included 27 (54.0%) women and 23 (46.0%) men of average age  $48 \pm 6.9$  years with verified hypothyroidism and 29 (58.0%) women and 21 (42.0%) men of average age  $45 \pm 5.8$  years with regular function. thyroid gland. Data were collected on the basis of history, physical examination, available medical records, laboratory analyzes and ultrasound examination

*Results:* Hypothyroidism (open and subclinical) had a statistically significant role in the onset of metabolic syndrome and hepatic steatosis ( $p < 0.05$ ).

*Conclusion:* Timely diagnosis and adequate therapeutic management of thyroid disorders would significantly reduce the incidence of cardiovascular complications, the possibility of steatohepatitis, health care costs, and loss of income due to lost productivity.

**Keywords:** hypothyroidism, metabolic, syndrome, hepatic steatosis