

ABSTRACT

The aim of this case-control study was to determine serum levels of thyroid hormone free triiodothyronine (FT₃), free thyroxin (FT₄), and thyroid stimulating hormone (TSH) and concentration of minerals like Copper, Iron, Selenium and Zinc in healthy subjects in comparion to hypothyroidism patients. For this purpose 10 patients with hypothyroidism were selected from CENUM, Mayo Hospital, Lahore as cases and 10 healthy subjects were selected. Their mean (\pm SD) age was 18 ± 70 years and most of them were resident of Lahore .Comparison of patients and healthy subjects showed that the subjects with lower percentage of minerals are mostly suffering with hypothyroidism while the subject having normal range of minerals in serum are not suffering with disease. Along Iodine supplementation Zinc, Copper, Iron and Selenium supplementation is also necessary for better cure of Hypothyroidism. Analysis showed that along FT₃, FT₄, TSH there is compulsory need of mineral supplementation.