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Iodized Salt.

Iodized salt machines for adding the correct amount of potassium or sodium iodide to pure salt can be purchased from:—

Arenco-Alite Machines Ltd., LETCHWORTH, Herts., England.

W. Gardener & Sons, Ltd., GLOUCESTER, England.

Novadel Ltd., LONDON, England.

An average price is £500 or 25,000 Rs. N.C.

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THYROID SURVEY IN DHANKUTA

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Goitre is common in Nepal, particularly in the Himalayan Foothill region. Dhankuta is a foothill township in Kosi Zone, with a piped water supply and a Government hospital, and is thus very suitable for study. The survey was divided into two parts, the first a field survey of the population in their homes. 1,000 people were examined, all of whom had lived in Dhankuta for more than two years. The second a small survey of hospital attending patients, 250 in all who were examined for thyroid enlargement whatever their ailment. They were not all residents of Dhankuta, some were from the surrounding villages.

The thyroids were assessed by clinical examination and divided into groups 0, 1, 2 and 3, as directed by the W.H.O. goitre survey recommendations. In group 0 the thyroid gland is impalpable. Group 1, the gland is palpable but not visible in the normal position. It is visible with the head extended. Group 2, the gland is readily visible in the normal position. Group 3, the gland is so greatly enlarged that it is readily visible as a prominent goitre at a considerable distance.

Population survey results.

Number of persons examined.....1,000

Number with goitre.....322

The Dhankuta bazaar population has a 32.2% incidence of goitre.

Further analysis.

Of those persons examined 553 were female and 447 were male.

201 females had goitre and 121 males had goitre.

36.3% of the females had goitre and 27.1% of the males had goitre.

Of the 1,000 persons examined:—

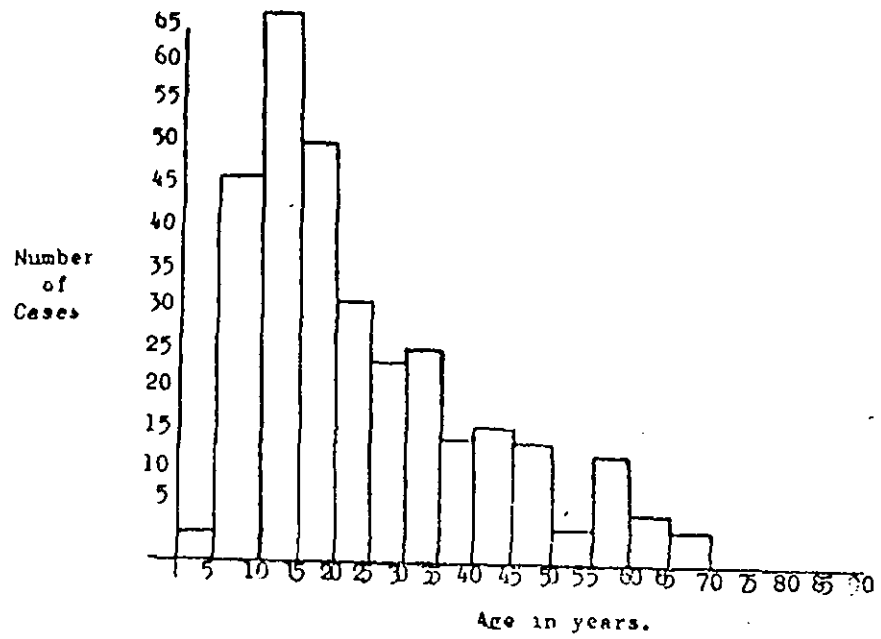
There were 678 with no goitre.....67.8%

There were 281 with group 1 goitre.....28.1%

There were 32 with group 2 goitre.....3.2%

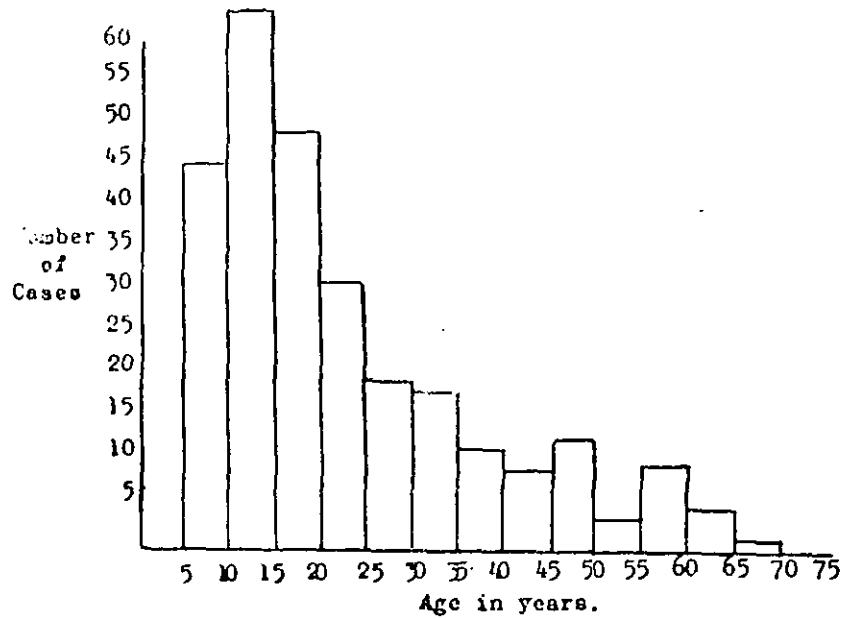
There were 9 with group 3 goitre.....0.9%

Age incidence of goitre

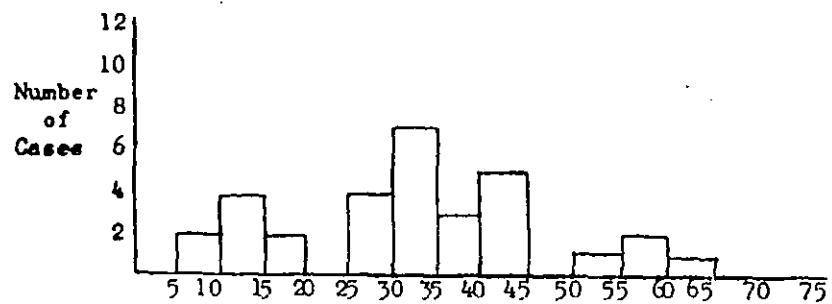


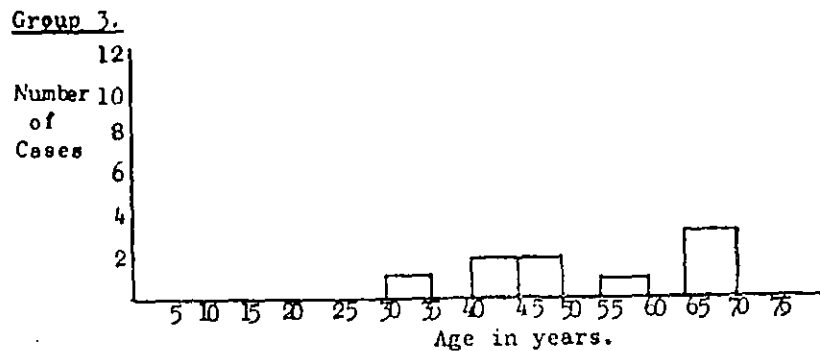
The age incidence of the different goitre groups.

Group 1.



Group 2.





Results of Dhankuta Government Hospital Survey.

Number of patients examined.....250
 Number with goitre.....91
 Dhankuta Hospital attenders have a 36.4% incidence of goitre.

Further analysis

55 were group 1.....22% of patients
 17 were group 2.....6.6% of patients
 19 were group 3.....7.8% of patients
 18 of group 3 attended the Hospital for surgical assessment of their goitre.

Discussion.

It is interesting to note that goitre is common in Dhankuta particularly of the group 1 type. Small goitre is common among the young* 5-25 years, medium sized goitre in the middle aged and large goitre in the elderly.

Conclusions.

In view of the 32% incidence of goitre* in the Dhankuta population and 36% in Hospital attenders, it is well worth while, in view of the complications and sequelae of thyroid disease, that supplementary iodine is made available to the population.

It is worth while for the local government, the Jilla Panchayat, to iodize the water supply to Dhankuta until iodized salt is freely available.

* It is necessary to examine 932 persons to ensure a maximal statistical error of 10% if there is a 30% incidence in the population. A 40% incidence of goitre requires only 600 persons to be examined to ensure a maximal statistical error of 10%.