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Association between *Helicobacter pylori* infection and serum thyroid stimulating hormone in the National Health and Nutrition Examination Survey 1999–2000

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Objective: Current evidence on the associations between plasma thyroid stimulating hormone and *Helicobacter pylori* infection is conflicting. Therefore, our study aimed to examine TSH in relation to *H. pylori* infection.

Methods: Based on the US National Health and Nutrition Examination Survey (NHANES) 1999–2000, a cross-sectional study was conducted with 948 participants aged 30 to 85 years. The associations between *H. pylori* seropositivity and TSH were evaluated using binary logistic regression models. A subgroup analysis stratified by sex, age, and body mass index was conducted.

Results: A higher serum TSH level was found in subjects with *H. pylori* seropositive than in subjects with *H. pylori* seronegative. A significant positive association was found between *H. pylori* seropositivity and TSH with increasing quartiles of hormonal levels in univariate regression models (Q4 vs Q1: OR = 1.659; 95% CI, 1.152–2.389) and in multivariate regression models (Q4 vs Q1: OR = 1.604; 95% CI, 1.087–2.367). In stratified analyses, the adjusted association of serum TSH with *H. pylori* seropositivity was statistically significant in male (Q4 vs Q1: OR = 1.894; 95% CI, 1.109–3.235), normal BMI (Q4 vs Q1: OR = 1.894; 95% CI, 1.109–3.235), overweight (Q4 vs Q1: OR = 2.124; 95% CI, 1.047–4.308), obese (Q4 vs Q1: OR = 0.429; 95% CI, 0.220–0.837), and age over 60 years (Q4 vs Q1: OR = 1.999; 95% CI, 1.118–3.575).

Conclusion: High TSH levels were associated with *H. pylori* infection, especially among male, overweight and elderly adults.

KEYWORDS

thyroid stimulating hormone, TSH, *Helicobacter pylori* infection, NHANES, CDC

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