

Letters to the Editor

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SIR, — We have read with interest the article by Janani Ramesh *et al*. We sincerely appreciate the effort of the authors to highlight the fact that thyroid autoimmunity in children and young adults with Type 1 diabetes and their siblings is common.

The authors have aimed to estimate TSH, fT4, Anti-TPO in T1DM children, T1DM sibling and Healthy control. 25% of the T1DM subjects had anti-TPO positivity where as in sibling 8.3% and in healthy control 6.7% had anti-TPO positivity. TSH level was also significantly altered among the groups but fT4 level was not statistically different.

Recently we demonstrated [2] the level of different antibodies in T1DM subjects where we found 51% of T1DM subjects had anti TPO positivity and 25% of the subjects had anti-thyroglobulin (anti-TG) positivity.

There is a discordance in result between two studies but the reason for this is not well understood.

It would have been interesting if anti-TG level had been measured along with anti-TPO level, to better define thyroid autoimmunity.

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- 2 Basu M, Pandit K, Banerjee M, Mondal SA, Mukhopadhyay P, Ghosh S — Profile of Auto-antibodies (Disease Related and Other) in Children with Type 1 Diabetes. *Indian J Endocrinol Metab* 2020; **24(3)**: 256-9. doi: 10.4103/ijem.IJEM_63_20. Epub 2020 Jun 30. PMID: 33083265; PMCID: PMC7539037.

Ageing

SIR, — Aging is the current ongoing topic which is discussed everywhere including political parties. Many age related issues are coming upwards and many persons are retired from their consecutive jobs as per age related guidelines issued by the government in the age of 60 and many political parties are also coming up with new regulations because of this phenomenon.

Aging, a progressive physiological change in an organism that leads to senescence, or a decline of biological functions and of the organism's ability to adapt to metabolic stress.

Aging takes place in a cell, an organ, or the total organism with the passage of time. It is a process that goes on over the entire adult life span of any living thing. Gerontology, the study of the aging process to understand

and control all factors which are contributing to the finitude of individual life.

Every species has a life history in which the individual life span has an appropriate relationship to the reproductive life span and to the mechanism of reproduction and the course of development.

Gerontology is also called evolutionary biology and can be defined as the science of the finitude of life as expressed in the three aspects of longevity, aging, and death, examined in both evolutionary and individual (ontogenetic) perspectives.

Biological theories of aging :

Aging has many facets. Hence, there are a number of theories, each of which may explain one or more aspects of aging. There is, however, no single theory that explains all of the phenomena of aging.

The two main important theories are..

- **Genetic theories**
- **Non Genetic theories**

Genetic theories mainly explained that the lifespan of a cell or organism is genetically determined.

Non genetic theories of aging focus attention on factors that can influence the expression of a genetically determined program.

There are 8 non-genetic theories of aging which are as follows :

- **Wear and tear theory**
- **Cross linking theory**
- **Autoimmune theory**
- **Glycation theory**
- **Oxidative damage theory**
- **Mitochondrial theory**
- **Molecular inflammation theory**
- **Psychosociological theory**

Age and age related modern novel antibiotics procedure increased the age factor and it is inhabitable. The normal age will be at least 70. The no of aged people will be increased rapidly. Now you will see the person at the age of 50's, soon it become 60 and so on. The work power of those people are nonetheless in spite of their ages. The shifting of the age related curve will be moved soon to 70. After all the aged people who are above 60's have the capability to work another 10 years but due to the so called govt. rules and regulations they are quite helpless. If anybody thinks that aged people will be the burden on their system and they should be retired from their perspective positions it will be not possible in future, only after 20 years.

Our conclusion is not only the age but the activity of the person should be justified properly.

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