



THYROID CONDITIONS

Abnormalities in the thyroid that affect the body's metabolism

HYPOTHYROIDISM

Hypothyroidism occurs when the thyroid does not produce or secrete sufficient hormones. Factors include *Hashimoto's thyroiditis* (an autoimmune disease), prior radiation therapy in the neck region, removal of part of the thyroid during surgery, and certain medications.

Symptoms:

- Sluggishness or fatigue
- Increased sensitivity to cold
- Sudden unexplained weight gain
- Constipation
- Depression
- Pale and dry skin
- Drowsiness even after a full night's sleep
- Heavier menstrual periods
- Thinning hair

DO:

- See a physician.
- Join a support group.
- Seek support from family and friends.

DON'T:

- Don't be afraid to discuss symptoms with a doctor.

HYPERTHYROIDISM

Hyperthyroidism, caused by an overactive thyroid, is associated with *Grave's disease*. It is caused by hyperfunctioning thyroid nodules, *thyroiditis* (temporary inflammation of the thyroid) which causes the excess thyroid hormone to seep into the bloodstream, and excessive treatment with thyroid hormones.

Symptoms:

- Escalating weight loss despite increased appetite
- Nervousness or irritability
- Increased sweating
- More frequent bowel movements
- Decreased menstrual flow
- Tremors
- Muscle weakness
- Heat intolerance
- Depression and fatigue for apathetic hyperthyroidism

DO:

- Seek treatment and medication.

DON'T:

- Don't be afraid to discuss symptoms with a doctor.



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GRAVES' DISEASE

The exact causes of Graves' Disease are unknown although age, gender, and heredity seem to factor in. Some cases have also resulted from pregnancy or a stressful occurrence. As in other autoimmune diseases, the body attacks its own healthy cells and causes the body to make antibodies against the thyroid.

Symptoms:

- Escalating weight loss
- Irritability and anxiety
- Rapid heartbeat
- Heat sensitivity
- Enlarged thyroid or goiter
- Tremors
- Increased sweatiness
- Bulging, swollen, watery, red eyes
- Sensitivity to light and blurred vision

DO:

- Seek medical attention.
- Take the necessary medication.
- Reach out to family and friends

DON'T:

- Don't be afraid to discuss symptoms with a doctor.

REFERENCES:

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