

## DIAGNOSIS

Thyroid disease is typically diagnosed by your practitioner using blood tests - most commonly the Thyroid Stimulating Hormone (TSH) test ultrasound, x-rays, and in some cases other diagnostic imaging.

## TREATMENT

Hypothyroidism is treated with thyroid hormone replacement drugs. Hyperthyroidism is typically treated with drugs, radioactive iodine treatment to disable the thyroid, or surgery. Nodules and goiter are usually treated with drugs, or occasionally surgery. And thyroid cancer is usually treated with surgery, followed by radioactive iodine treatment.



MRI  
SAFE CT  
DIGITAL X-RAY  
PORTABLE X-RAY  
MAMMOGRAPHY  
4D ULTRASOUND  
ENDOSCOPY  
COLONOSCOPY  
COLOUR DOPPLER  
2D ECHO  
HOLTER  
TMT  
PFT

ECG  
ABP MONITORING  
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LABORATORY

# THYROID

# WHAT IS THYROID?

Your thyroid is a small bowtie or butterfly-shaped gland, located in your neck, behind and below your Adam's Apple area. The thyroid produces hormones that are critical to your body's ability to produce and use energy.

Experts estimate that there may be as many as 59 million thyroid sufferers in our country & most of them are undiagnosed. The majority of people with thyroid conditions have Hashimoto's disease, an autoimmune condition that cause hypothyroidism - an underactive thyroid.

Women are seven times more likely than men to develop thyroid problems, with a one in five lifetime change of developing a thyroid problem. For both men and women, the risk of thyroid disease increases with age.



## THE MAIN CONDITIONS THAT CAN OCCUR WITH YOUR **THYROID**:

**Hypothyroidism-** when your thyroid is underactive, and isn't producing sufficient thyroid hormone.

**Hyperthyroidism-** when your thyroid is overactive, and is producing too much thyroid hormone.

**Goiter-** when your thyroid becomes enlarged, due to hypothyroidism or hyperthyroidism.

**Nodules-** when lumps-usually benign - grow in your thyroid, sometimes causing it to become hypothyroid or hyperthyroid.

**Thyroid Cancer-** when lumps or nodules in your thyroid are malignant. Thyroid cancer is the fastest growing cancer in developing countries.

**Post-partum Thyroiditis-** temporary inflammation of your thyroid, along with hypothyroidism or hyperthyroidism, triggered after pregnancy.

## **SYMPTOMS**

- ✓ Exhaustion & fatigue
- ✓ Depressed, moody, sad
- ✓ Sensitive to cold hands and / or feet
- ✓ Hair is dry, tangled and/or coarse
- ✓ Losing hair, even from the outer part of the eyebrows.
- ✓ Muscle and joint pains and aches.
- ✓ Soles of the feet are painful.
- ✓ Abnormally low sex drive
- ✓ Unexplained infertility, or recurrent miscarriages
- ✓ Heavier, longer or more frequent periods
- ✓ Constipated / Diarrhea.
- ✓ Cholesterol levels are high, and may not even respond to diet/ drugs
- ✓ Enlarged thyroid
- ✓ Rapidly weight loss or gaining weight
- ✓ Having a hard time falling asleep
- ✓ Palpitations, rapid pulse high blood pressure
- ✓ Fatigue exhaustion
- ✓ Eye problems, such as double vision.