

- ❖ Dry skin, thickening of skin on legs/shin
- ❖ Periods have stopped, or are lighter
- ❖ Muscle pain and weakness, especially in the upper arms and thighs
- ❖ Eye problems, such as double vision, scratchy eyes, bulging
- ❖ Trouble getting pregnant
- ❖ Fine and brittle hair
- ❖ Erratic behavior

OTHER THYROID SYMPTOMS

- ❖ Neck looks or feels swollen, tender to touch
- ❖ Tight feeling in the throat
- ❖ Frequent coughing, hoarse voice
- ❖ Difficulty swallowing
- ❖ Difficulty breathing, shortness of breath
- ❖ Feeling that food is stuck in your throat
- ❖ Tremor

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, following by radioactive iodine treatment.



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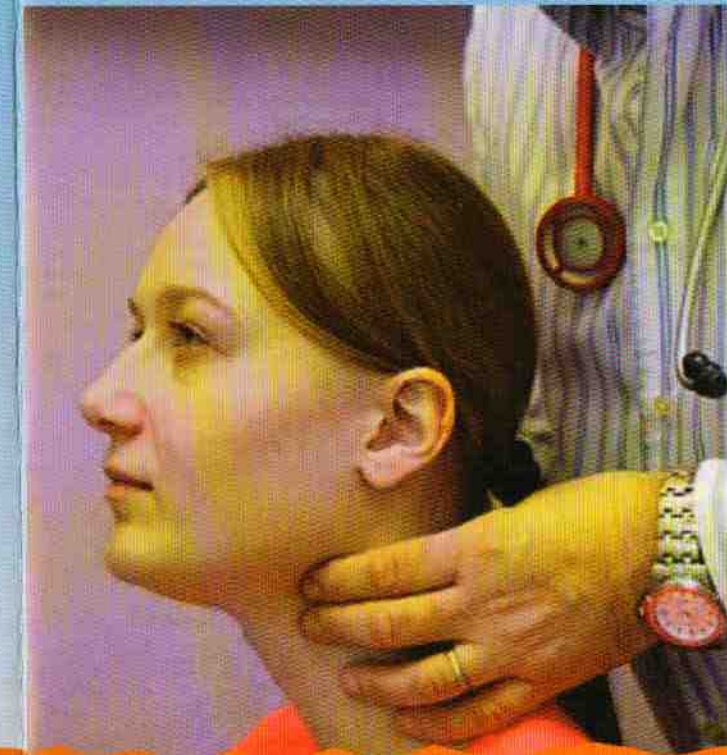
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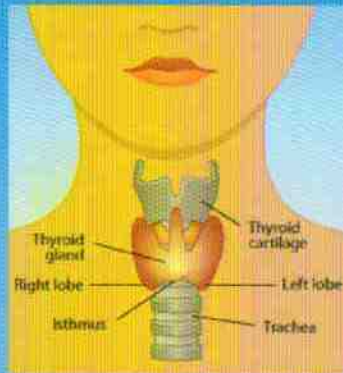
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more about
THYROID





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 – and 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 include:

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. The incidence has increased 20 percent in the last five years, and experts believe it's due to increased radiation exposure.

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

HYPOTHYROIDISM SYMPTOMS

- ❖ Exhaustion & fatigue
- ❖ Depressed, moody, sad
- ❖ Sensitive to cold hands and /or feet
- ❖ Experiencing inappropriate weight gain, or having difficulty losing weight, despite changes in diet and exercise
- ❖ Hair is dry, tangled and/or coarse
- ❖ Losing hair, maybe even from the outer part of the eyebrows
- ❖ Dry and/or brittle nails
- ❖ Muscle and joint pains and aches
- ❖ Carpal tunnel syndrome, or tendonitis in arms and legs
- ❖ Soles of the feet are painful



- ❖ Puffy face, eyes, arms or legs
- ❖ Abnormally low sex drive
- ❖ Unexplained infertility, or recurrent miscarriages
- ❖ Heavier, longer or more frequent periods
- ❖ Thinking is "fuzzy," you have difficulty concentrating, difficulty remembering
- ❖ Constipated
- ❖ Full or sensitive feeling in the neck
- ❖ Voice is raspy, hoarse
- ❖ Periodic heart palpitations
- ❖ Cholesterol levels are high, and may not even respond to diet/drugs
- ❖ Allergies have gotten worse, itching, prickly skin, rashes, and hives
- ❖ Infections, including yeast infections, oral fungus, thrush, or sinus infections
- ❖ Shortness of breath, sometimes difficulty drawing a full breath.
- ❖ Sensitive to cold, cold hands and feet
- ❖ Inappropriately gaining weight, or having difficulty losing weight.

HYPERTHYROIDISM SYMPTOMS

Hyperthyroidism is a condition that has a number of known causes:

- ❖ Enlarged thyroid
- ❖ Rapidly weight loss, eating more and not gaining weight
- ❖ Having a hard time falling asleep
- ❖ Anxiety irritability, panic attacks
- ❖ Difficulty concentrating
- ❖ Palpitations, rapid pulse high blood pressure
- ❖ Sweating more than usual, feeling hot when others are not
- ❖ Tremors in your hands
- ❖ Diarrhea.
- ❖ Fatigue exhaustion