

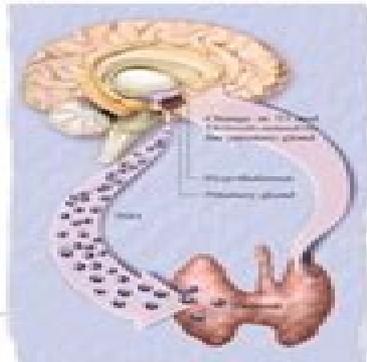
# THYROID DISORDERS

## What is the Thyroid?

The thyroid is a small gland that is shaped much like a butterfly (butterfly) and sits in the throat (throat). The thyroid gland sits just below the larynx. It makes hormones that regulate the normal function of many organs and tissues throughout the body and also controls growth and development.

When the thyroid is not working properly, called thyroid disorders, it can cause:

- Weight gain
- Weight loss
- Fatigue
- Nervousness
- Irritability
- Depression
- Hair loss
- Heat intolerance
- Constipation
- Dry skin
- Enlarged thyroid



## Normal Hormone Production

The thyroid gland is controlled by the pituitary gland. When the level of thyroid hormones (T4 & T3) drops, the brain (the hypothalamus) sends a signal to the pituitary gland to produce thyroid-stimulating hormone (TSH), which causes the thyroid gland to produce more T4 & T3.



## How to Check Your Thyroid

Use these four simple steps to check for thyroid problems. Your doctor will do a physical exam to see if you have a thyroid problem.



1. While holding a mirror, look at the area of your neck just below the Adam's apple. This is where you will find your thyroid.



2. Tilt your head back, while looking at the thyroid area in the mirror.



3. Take a drink of water while you look at the thyroid area in the mirror. Swallow.

## Overactive Thyroid



Overactive thyroid gland (hyperthyroidism)



- Bulging eyes
- Heart is racing (racing heart)
- Sweating or hot flashes

## Common Thyroid Disorders

### Overactive Thyroid (Hyperthyroidism)

The most common type of thyroid disorder is when the thyroid makes too much of the thyroid hormone. This condition is called hyperthyroidism. It causes a racing heart, weight loss, and other symptoms.

**Graves' disease** is the most common cause of overactive thyroid. It usually causes weight loss, a racing heart, and other symptoms. It is caused by an autoimmune reaction that causes the thyroid gland to produce too much thyroid hormone.

**Thyroiditis** is another cause of overactive thyroid. It is caused by inflammation of the thyroid gland. This condition usually goes away on its own, but it can cause symptoms similar to hyperthyroidism.

## Symptoms

- Unexplained weight loss, even when appetite and food intake are normal
- Rapid or irregular heartbeat or palpitations of the heart
- Tremor (shaking) in the hands
- Anxiety
- Irritability or nervousness
- Changes in bowel patterns, especially more frequent bowel movements
- Enlarged thyroid gland, which may appear as a swelling in the base of the neck
- Excessive sweating
- Heat intolerance
- Changes in menstrual periods

## Underactive Thyroid



Underactive thyroid gland (hypothyroidism)



- Swollen neck veins
- Fatigue
- Dry skin

### Underactive Thyroid (Hypothyroidism)

The most common type of thyroid disorder is when the thyroid makes too little of the thyroid hormone.

**Hashimoto's disease** is the most common cause of underactive thyroid. It is an autoimmune reaction that causes the thyroid gland to produce too little thyroid hormone. It is caused by an autoimmune reaction that causes the thyroid gland to produce too little thyroid hormone.

**Primary hypothyroidism** is another cause of underactive thyroid. It is caused by a problem with the thyroid gland itself. This condition usually goes away on its own, but it can cause symptoms similar to hypothyroidism.

- Increased sensitivity to cold
- Constipation
- Weight gain and dry skin
- Muscle aches
- Depression
- Excessive tiredness
- Dry, itchy skin
- Hoarseness
- Heavy menstrual periods
- Hair loss
- Swelling in the neck
- Slowed heart rate
- Slowed reflexes
- Slowed thinking
- Trouble concentrating

## Thyroid Nodules and Cancer



**Thyroid nodules** are abnormal growths of thyroid tissue. They can be benign (not cancer) or malignant (cancer). Most nodules are benign and do not cause any symptoms. They are usually found during a physical exam or on a scan of the thyroid.

**Thyroid cancer** is a type of cancer that starts in the thyroid gland. It is usually found during a physical exam or on a scan of the thyroid. The most common type of thyroid cancer is papillary thyroid cancer, which is usually found in the thyroid gland.

- Lump in the neck or in the back, on either side of the neck
- Hoarseness or a change in the voice
- Difficulty swallowing
- Difficulty breathing
- Pain in the neck or back, sometimes spreading to the arm
- Changes in menstrual periods
- Changes in bowel patterns
- Changes in appetite
- Changes in weight

# Thyroid Disorders

**CH Cherryholmes**



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