

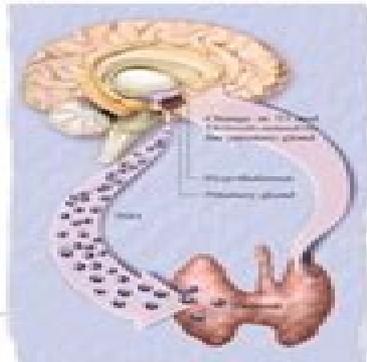
THYROID DISORDERS

What is the Thyroid?

The thyroid is a small gland that is shaped much like a butterfly (butterfly) and sits in the throat (neck). 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.

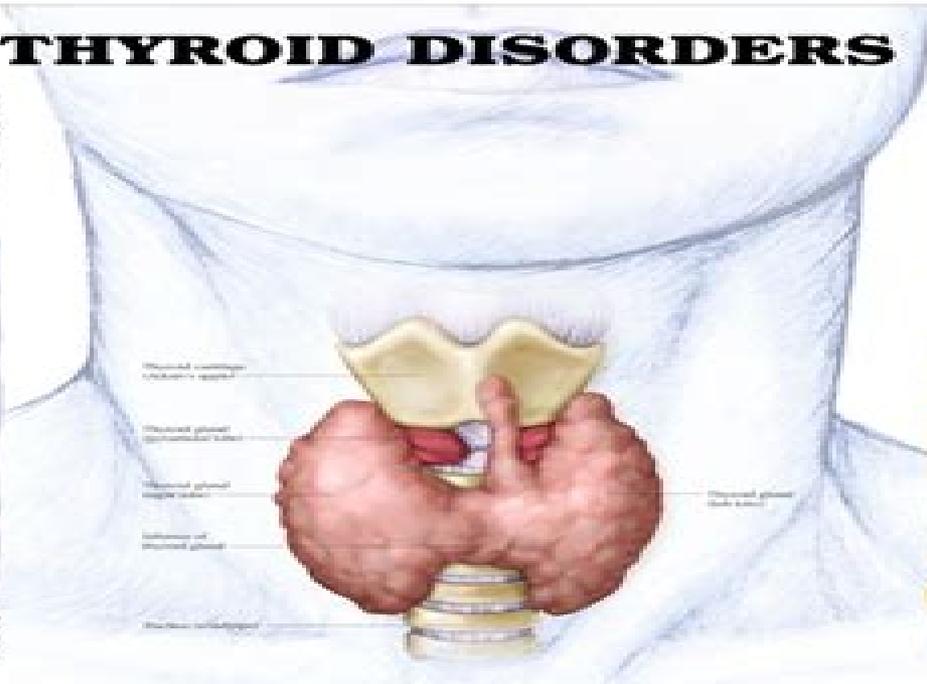
When the thyroid is not working properly, called thyroid disorders, it can cause:

- 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's hypothalamus releases thyrotropin releasing hormone (TRH), which in a chain reaction, causes the pituitary gland to release thyroid stimulating hormone (TSH), which causes the thyroid gland to make more T4 & T3.



How to Check Your Thyroid

Ask your doctor about the best way to check your thyroid. If you have a family history of thyroid disease, you should check your thyroid regularly.



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. Tip your head back, while looking in the thyroid area in the mirror.



3. Take a drink of water from a glass and check for any cough or tickle in the area where your thyroid is.

Overactive Thyroid



Overactive thyroid causes an enlarged thyroid.



- Bulging eyes
- Hyperreflexia (trembling limbs)
- Trembling of hands

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.

Graves' disease

One of the most common causes of overactive thyroid, especially among women, is Graves' disease. The immune system, which normally defends the thyroid gland, produces an antibody that attacks the thyroid gland, causing it to produce too much thyroid hormone.

Thyroiditis

Thyroiditis is an inflammation of the thyroid gland. It can be caused by a viral infection, but it is most often caused by an autoimmune reaction to the thyroid.

Underactive Thyroid (Hypothyroidism)

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

Hashimoto's disease

The most common cause of underactive thyroid is Hashimoto's disease. The immune system attacks the thyroid gland, causing it to produce too little thyroid hormone. This condition is most common among women.

Underactive Thyroid and pregnancy

A fetus depends on their mother's thyroid hormone for normal development. Having a pregnant woman with an underactive thyroid can lead to complications for the fetus, so it is important to check the thyroid levels in women.

Thyroid nodules are abnormal growths of thyroid tissue. They can be benign or cancerous. Most nodules are benign, but some can be cancerous. It is important to check for nodules in the thyroid, and if you have a family history of thyroid cancer, you should check for nodules in the thyroid.

Thyroid nodules are abnormal growths of thyroid tissue. They can be benign or cancerous. Most nodules are benign, but some can be cancerous. It is important to check for nodules in the thyroid, and if you have a family history of thyroid cancer, you should check for nodules in the thyroid.

Symptoms

- Unexplained weight loss, when eating appears normal
- Rapid or irregular heartbeat or palpitations of the heart
- Heat intolerance
- Nervousness
- Changes in menstrual patterns
- Changes in bowel patterns, especially more frequent
- Excessive sweating
- Enlarged thyroid gland, which may appear as a swelling in the neck or the neck
- Difficulty swallowing
- Difficulty sleeping
- Hair or nail loss or thinning

Underactive Thyroid



Underactive thyroid causes a normal thyroid.



- Swollen neck veins
- Fatigue
- Dry skin

- Increased sensitivity to cold
- Constipation
- Weight gain and dry skin
- Hoarse voice
- Depression
- Excessive menstrual periods
- Dry eyes
- Dry mouth
- Hair loss
- Muscle aches and pains

Thyroid Nodules and Cancer



- Lumps in the neck or the back, on either side of the neck
- Swelling in the throat
- Difficulty swallowing
- Hoarseness
- Pain in the throat or neck, sometimes spreading to the ears

Other symptoms may occur, depending on the cause of the thyroid.

Thyroid Disorders

G Psacharopoulos



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