

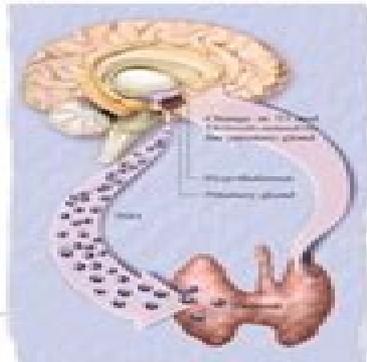
THYROID DISORDERS

What is the Thyroid?

The thyroid is a small gland that is shaped much like a butterfly (shown) and sits in the throat, just below the larynx. The thyroid gland sits just below the larynx. It makes hormones that regulate the normal function of many organs and tissues. It also controls how the body uses and stores energy.

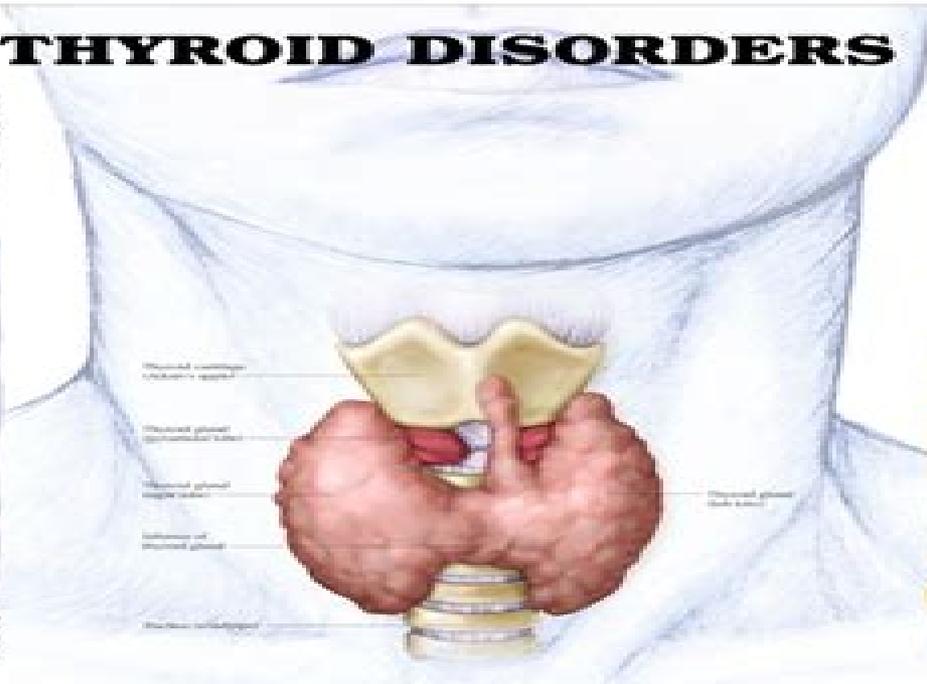
When the thyroid is not working properly, called thyroid disorders, it can cause:

- Weight gain
- Weight loss
- Fatigue
- Hair loss
- Irritability and nervousness
- Memory and concentration problems
- Depression
- Heart disease



Normal Hormone Production

The thyroid gland is controlled by the pituitary gland. When the level of thyroid hormones (T4 & T3) drops, the brain tells the hypothalamus to release thyroid-releasing hormone (TRH). TRH is a growth hormone of the hypothalamus, which tells the pituitary gland to make thyroid-stimulating hormone (TSH). TSH tells 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 any of the following symptoms, you should see your doctor.



1. While holding a mirror, look at the side of your neck and 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. Look at your neck and check for any swelling in the area where your thyroid is.

Overactive Thyroid



Overactive thyroid causes an enlarged thyroid.



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 is called hyperthyroidism. It causes you to feel more energy than you need.

Graves' disease

One of the most common causes of overactive thyroid, especially among women, is Graves' disease. The immune system, which usually protects you from disease, attacks the thyroid gland and causes it to produce too much thyroid hormone. This causes hyperthyroidism, which can also be the cause of cancer (adenocarcinoma).

Postpartum thyroiditis

After you deliver, you may have an overactive thyroid, or sometimes, the condition usually goes away within six months, with no permanent changes to the thyroid.

Symptoms

- You feel weight loss, even before appetite and food intake have changed
- Rapid or irregular heartbeat or palpitations of the heart
- Tremor
- Anxiety or nervousness
- Changes in menstrual patterns
- 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
- Difficulty sleeping
- Hair or nail loss or thinning

Underactive Thyroid



Underactive thyroid causes a shrunken 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, which can occur at any age, is Hashimoto's disease. The immune system, which usually protects you from disease, attacks the thyroid gland and causes it to produce too little thyroid hormone.

Underactive Thyroid and pregnancy

A fetus depends on their mother's thyroid hormone for normal development. Having pregnancy-related thyroid problems can cause complications for the fetus, so women who have thyroid problems should see their doctor to make sure that the fetus is healthy in utero.

- Increased sensitivity to cold
- Constipation
- Weight gain and dry skin
- Hoarse voice
- Depression
- Excessive menstrual periods
- Fatigue
- Difficulty concentrating or high cholesterol
- Hair loss
- Swollen neck veins
- Feeling thirsty when the temperature is normal

Thyroid Nodules and Cancer



Thyroid nodules are abnormal growths that can develop on the thyroid gland. Most nodules are benign, but some can be cancerous. If you have a thyroid nodule, your doctor will check to see if the nodule is hot, cold, or warm. If you have a hot nodule, it is usually benign, but you may need to see your doctor to check for any changes in your thyroid function.

If a thyroid nodule is found to be a cancerous nodule, you may need to see your doctor to check for any changes in your thyroid function. If you have a cold or warm nodule, you may need to see your doctor to check for any changes in your thyroid function.

- Lumps on the back of the neck, on either side of the neck, or in the front of the neck
 - Rapid swelling in the throat
 - Hoarseness
 - Pain in the throat or neck, sometimes spreading to the ears
- Other symptoms may occur, depending on the cause of the nodule.

Thyroid Disorders

Christian G. Meyer



Thyroid Disorders:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Thyroid Disorders**

In a global inundated with monitors and the cacophony of instant connection, the profound power and psychological resonance of verbal artistry often diminish in to obscurity, eclipsed by the constant onslaught of noise and distractions. However, situated within the lyrical pages of **Thyroid Disorders**, a fascinating perform of fictional brilliance that impulses with fresh emotions, lies an memorable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, this magical opus instructions viewers on a mental odyssey, delicately revealing the latent possible and profound impact stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we can embark upon an introspective exploration of the book is key subjects, dissect their captivating publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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