



WOMEN ARE 4-7 TIMES

MORE LIKELY TO HAVE A
THYROID DISORDER
THAN MEN

It's a small part of the body
but
**IT'S A HARD WORKER —
MOST OF THE TIME**

The thyroid is found in the middle of the lower neck. The hormones it produces (T3 and T4) affect every cell in the body. They help control your **body temperature** and **heart rate**.

If the thyroid produces too much or too little T3 & T4, it can cause conditions known as **hyperthyroidism** and **hypothyroidism**.

Here are the facts:

- An estimated 20 million Americans have some form of thyroid disease.
- Up to 60 percent of those with thyroid disease are unaware of their condition.
- The causes of thyroid problems are largely unknown.
- Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis and infertility.

Hyperthyroidism

Common Symptoms

- hair thinning/loss
- goiter (enlarged thyroid gland)
- excessive sweating
- shortness of breath
- high blood pressure

 A diagram of a human body in light blue. A callout box highlights the thyroid gland in the neck area, showing a detailed view of the gland's butterfly shape.

Hypothyroidism

Common Symptoms

- depression
- brain fog
- fatigue
- muscle cramps
- cold intolerance
- weight gain
- dry skin

 A diagram of a human body in light blue. A callout box highlights the thyroid gland in the neck area, showing a detailed view of the gland's butterfly shape.

HYPERTHYROIDISM: OVERWORKED AND STRESSED OUT

Hyperthyroidism happens when the thyroid produces too much T4.

Hyperthyroidism is a lifelong, but treatable, condition.

It's diagnosed through a physical exam, blood test and other thyroid tests if appropriate.

Treatments include anti-thyroid medicines and radioactive iodine to slow hormone production. In rare cases, surgery may be required.

HYPOTHYROIDISM: **UNDERACTIVE AND TIRED OUT**

Sometimes the thyroid doesn't produce enough T-3 and T-4 hormones, or enough thyroid-stimulating hormone (TSH) which leads to hypothyroidism.

Symptoms include:

Extreme fatigue, depression, forgetfulness, and weight gain.

Doctors will normally do a physical exam and a blood test to check TSH levels.

MORE THAN 12%
OF THE US POPULATION
WILL DEVELOP A THYROID
CONDITION IN THEIR LIFETIME



MOST
THYROID DISEASES
ARE LIFE LONG
CONDITIONS

WHEN TO VISIT A **PHYSICIAN**

- ✓ You have depression, memory issues, nervousness, or irritability
- ✓ Your personal cholesterol levels are up
- ✓ Your weight suddenly changes, or you're always hungry
- ✓ You have gastrointestinal issues
- ✓ You're tired all the time, or you can't sleep
- ✓ Your muscles or joints feel weak
- ✓ You're more sensitive to cold or heat, or you sweat a lot
- ✓ Your menstrual cycle is messed up
- ✓ Your hair is thinning or brittle, dry, and fine
- ✓ You see changes in your face
- ✓ Your hands are trembling
- ✓ Your heart rate is changing, or you're feeling heart palpitations
- ✓ You sound hoarse, or you have a lump in your throat

ALWAYS TAKE YOUR **MEDICATION!**

Abruptly stopping your treatment can result in serious health problems.

Whether it's unpleasant side effects, ineffectiveness of the medication or the duration of your medication therapy, it's important to not stop taking your medications without discussing it with your doctor first.

He or she may be able to adjust your dosage or safely switch you to a new medication if you are not happy with it.

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References:

<https://www.thyroid.org/professionals/ata-professional-guidelines/>

<https://www.aace.com/disease-state-resources/thyroid/guidelines>

