

## January is Thyroid Awareness Month

### What is the Thyroid?

The Thyroid is one of the largest endocrine glands in the body. It is located beneath the “Adams Apple” cartilage in the lower part of the neck. The gland regulates metabolism, protein production, and sensitivity to other hormones.

### What is the Endocrine system?

The Endocrine system consists of a series of glands that produce hormones excreted into the blood stream. These glands control numerous bodily functions and processes.

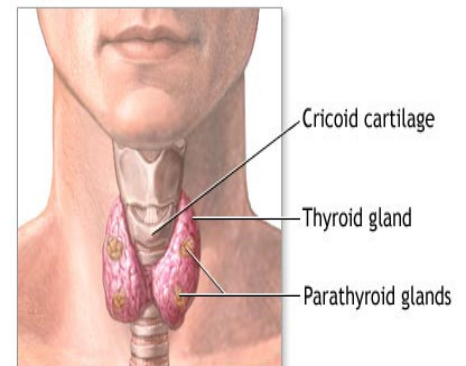
### What are common diseases of the Thyroid?

Diseases of the thyroid include: Hypothyroidism, Hyperthyroidism, Nodules, Cancer, Thyroiditis, and Goiter. There are other thyroid diseases but these are some of the most commonly found ailments associated with the thyroid.

### Did you know?

There are more than 13 million undiagnosed Americans affected by some type of Thyroid disorder.

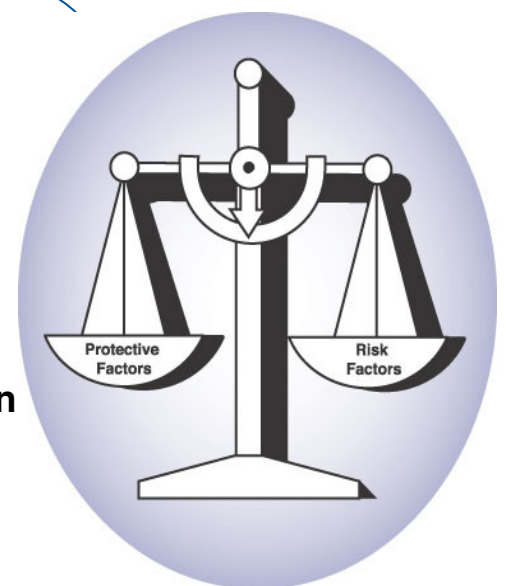
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### Risk factors for Thyroid diseases

- ❖ Gender
  - ❖ Females are at greater risk for developing complications
- ❖ Age
  - ❖ Risk increases significantly by age 50 and over
- ❖ Family History
  - ❖ Positive family history puts individuals at greater risk for developing thyroid condition
- ❖ Environmental exposure
  - ❖ Carcinogenic exposure (cell harming substances)
  - ❖ Radiation
- ❖ Lifestyle
  - ❖ Poor nutrition



# Thyroid Awareness

## Tests for Thyroid Disorders

- CT Scan
- Ultrasound
- Pathology (blood test/biopsy)
- Physical Exam

Thyroid ultrasound uses high frequency sound waves to make a picture of the thyroid gland



## Treatment options Available

- Pharmacological Intervention (Drugs)
  - Replacement/Supplement Therapy
  - Chemotherapy
- Radiation
- Surgery
  - Removal of abnormal thyroid tissue

## Signs & Symptoms

- Weight gain/loss
- Hair loss
- Soreness
- Fatigue
- Lumps
- Intolerance to cold/heat
- Constipation
- Frequent bowel movements
- Depression
- Poor memory
- Nervousness, Tremors
- Unusually light or heavy periods
- Immune system complications



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## Additional Information

- **WebMD: Centers for Disease Control:**  
[www.cdc.gov](http://www.cdc.gov)

