

Thyroid Disorders

The thyroid gland is located just below the neck in front of voice box and secretes chemical substance called thyroid hormones. These hormones travels from this gland, through the blood stream to each and every cell of the body.

This gland which is tiny, approximately 2 inches in size, regulates body temperature, keeps the brain alert, makes the heart beat regularly and maintain harmony among all organs in the body.

This gland can either become overactive or underactive. If the thyroid gland does not secrete enough thyroid hormone, the condition is called hypothyroidism, which slows down functions of the body. If it secrete excess hormone, the condition is called hyperthyroidism

The appearance in hypothyroidism

Common symptom of hypothyroidism and hyperthyroidism

Symptom of hypothyroidism:

Fatigue, Exhaustion, Feeling run down and sluggish, Depression, difficulty concentrating, brain fog, unexplained or excessive weight gain, dry, coarse and /or itchy skin dry, coarse and /or thinning hair, feeling cold especially in the extremities, constipation, muscles cramps, increased menstrual flow, more frequent periods, infertility/ miscarriage



The appearance in hyperthyroidism

Symptom of hyperthyroidism:

Nervousness, irritability, increased perspiration, thinning of your skin, fine brittle hairs, muscular weakness especially involving the upper arms and thighs, shaky hands, panic order, insomnia, racing heart, more frequent bowel movements, weight loss despite a good appetite, lighter flow, Less frequent menstrual periods A clinical examination is very important, as the common symptoms of hypothyroidism or hyperthyroidism can be mimicked by a variety of other diseases and hence a simple blood test, which determines the level of thyroid hormone in the body can exclude the diagnosis of hypothyroidism or hyperthyroidism Risk factors for thyroid disease are :



Family history, Hormonal changes of pregnancy and menopause, Age – increase age increase risk of hypothyroidism, H/o radiation to area of thyroid gland

If there are symptoms of thyroid disease, such as depression or anxiety, intolerance to hot or cold temperature or unexpected changes in weight, screening for thyroid disease is mandatory. Early detection of thyroid disease is important, and people with a family history or other thyroid disease risk factor should be under scrutiny.

Risk factors of hypothyroidism female, older than 60, exposure to radiation, family history of autoimmune disease, as can origin, hormonal changes during pregnancy and menopause, chromosomal abnormalities like down syndrome

Risk factor of hyperthyroidism female, over 60, recent pregnancy, autoimmune disease, H/O thyroid problem like goiter, consumption of excessive sodium,

Thyroid nodules – lumps and bumps that form on thyroid gland are very common, most of the nodules are benign only less than 5 % can turn out to be cancerous. Women are more likely to develop thyroid nodules.

Getting regular check up with doctor can help to detect thyroid disease and telling the doctor about any symptoms can help in early diagnosis. Early diagnosis is important as it can prevent other health problems. Regular medication and follow up can go a long way in effective treatment of thyroid disorders.