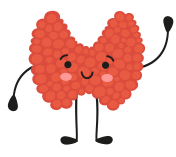


THYROID

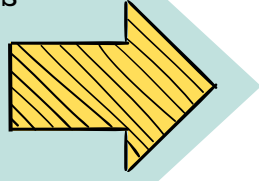


Hey, that's me!



January is Thyroid Awareness Month, when we'll be talking about a small gland with a big impact.

Found in your neck, the hormones it produces influence your cells, tissues, muscles, and organs. Thyroid hormones regulate your ...



- metabolism: the creation, storage, and use of energy
- heart function
- body temperature
- muscle function
- brain development
- digestion



Over 20 million people in the United States are living with thyroid disease.

Symptoms of thyroid disease include:

- Changes in mood and mental health
- Changes in energy levels



- Unexplained weight changes

- Menstrual cycle changes

- Changes in skin, hair, and nails such as dry skin, brittle nails, or hair loss

- Digestion problems, frequent stooling or lingering constipation

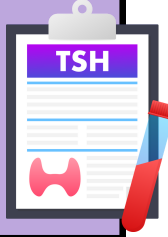


- Temperature sensitivity

THYROID DISEASES

HYPOTHYROIDISM

When your thyroid doesn't produce enough hormones, your body's metabolism slows down.



HYPERTHYROIDISM

When your thyroid produces more hormones than your body needs, increasing your metabolism.

GOITER

An enlarged thyroid gland. A goiter is not a condition itself but a sign of something else. Causes can include a lack of iodine in diet, poor thyroid function, and taking certain medications such as lithium.

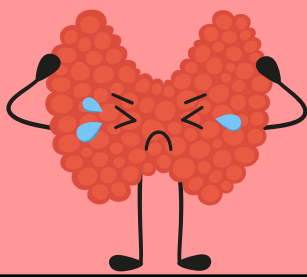
THYROIDITIS

A general term for inflammation of the thyroid, when your thyroid becomes red and swollen.



CANCER

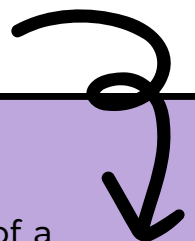
Thyroid cancer is caused by the uncontrolled multiplication of cells in your thyroid.



Asanga, Nsisong. "January Is Thyroid Awareness Month: Here's What You Should Know." Advance Community Health, 17 Mar. 2023, advancechc.org/thyroid-awareness/primary-care/.

How to have a healthy thyroid:

- Eat a balanced, healthy diet rich in iodine
- Perform thyroid self checks: Drink a glass of water in front of a mirror, examining your neck as you swallow. Any swelling or bulge may be signs of an enlarged thyroid and you should seek medical attention
- Encourage people with symptoms to test: Thyroid disease can be diagnosed with simple blood tests.



Scan this to watch a video on how to check your thyroid at home, as well as more resources on thyroid function and dysfunction.

Or, follow the link here:

<https://www.aace.com/disease-and-conditions/thyroid/how-check-your-thyroid>



Created by: Callie Russell