








Brought to you by the Holy Family Health Ministry

January is Thyroid Awareness Month

The thyroid gland is a butterfly shaped organ that sits in the neck in front of the windpipe below the Adams Apple. It consists of two halves (left and right lobes) joined by a central bridge (isthmus).

The Vital Role the Thyroid Plays Throughout Our Lives

Hormones produced by the thyroid gland influence virtually every cell, tissue and organ in the body and are responsible for:

-  • Helping to control your **body temperature**
-  • Increasing **heart rate** and stimulating heart muscle contraction
-  • Proper **brain function**
-  • Managing body energy expenditure, heat generation and **weight**
-  • Regulating the function of the **digestive tract**



Types of Thyroid Disorders

Thyroid disorders are mainly in two types

1
Hypo Thyroid

Hypo thyroid occurred due to lack of hormones produced by thyroid gland. It leads to several auto immune disorders.

Hyper thyroid occurred due to excess of thyroid hormones. when hyper thyroid effect the body then thyroid goiter will be enlarged than normal size.

2
Hyper Thyroid



Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering. **3 John 1:2**



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The Thyroid and the Life Cycle

In the Womb: Hypothyroidism (low thyroid hormone) in either the mother or fetus frequently results in congenital malformations, including stunted growth and severe mental retardation.



Childhood: Proper growth is dependent upon normal levels of thyroid hormone. Children with thyroid disorders can also exhibit behavioral problems such as extreme restlessness and short attention span.



Puberty: Thyroid hormone plays a vital role in regulating the start and progress of puberty, especially in females.



During Pregnancy: Thyroid problems during pregnancy can result in a host of complications for the mother, including hypertension, placental abruption, pre-eclampsia and miscarriage.



Older Adults: After the age of 60, thyroid disease can masquerade as diseases of the cardiovascular, gastrointestinal, or nervous system. Low thyroid hormone is very common in those over 60 and steadily increases with age.



You need a mirror and a glass of water to follow the step-by-step description of how to examine your thyroid gland.

1. Hold the mirror in your hand, focusing on the lower front area of your neck, above the collarbones, and below the voice box (larynx). Your thyroid gland is located in this area of your neck.
2. While focusing on this area in the mirror, tip your head back.
3. Take a drink of water and swallow.
4. As you swallow, look at your neck. Check for any bulges or protrusions in this area when you swallow. Reminder: Do not confuse the Adam's apple with the thyroid gland. The thyroid gland is located further down on your neck, closer to the collarbone. You may want to repeat this process several times.
5. If you do see any bulges or protrusions in this area, see your physician. You may have an enlarged **thyroid gland** or a thyroid nodule that should be checked to determine whether further evaluation is needed.

Resources: <https://visual.ly> ; <https://medivizor.com/blog/2016/01/26/thyroid-gland/>



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