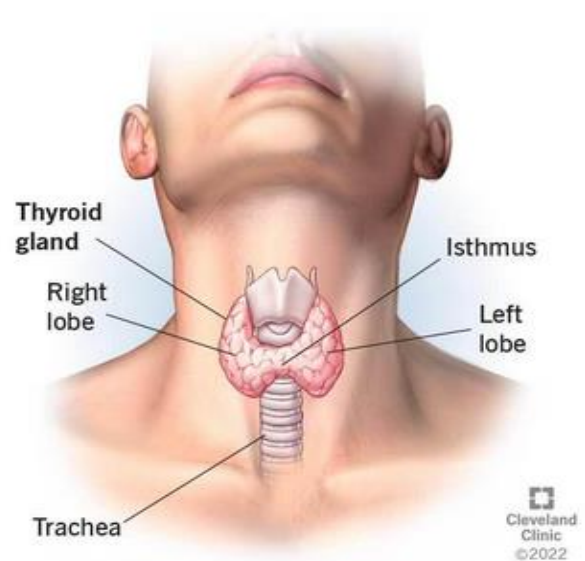




Brought to you by the Holy Family Health Ministry

January is Thyroid Awareness Month

Your thyroid is a small, butterfly-shaped gland located at the front of your neck under your skin. It's a part of your [endocrine system](#) and controls many of your body's important functions by producing and releasing (secreting) certain hormones. Your thyroid's main job is to control the speed of your [metabolism](#) (metabolic rate), which is the process of how your body transforms the food you consume into energy. All of the cells in your body need energy to function.



When the thyroid produces either too much or too little of these hormones, it causes the gland to work inefficiently, leading to disorders such as *hyperthyroidism* and *hypothyroidism*, the two most common types of thyroid disease.

Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as *cardiovascular diseases, osteoporosis, and infertility*.

Hypothyroidism Risk Factors

- Age and gender (women over 60 at high risk)
- Preexisting condition (autoimmune disease such as type 1 diabetes or celiac)
- Pituitary gland disorder
- Pregnancy (women who are pregnant or who have had a baby in the past six months at high risk)

Hyperthyroidism Risk Factors

- Gender (females at higher risk)
- Family or personal history of autoimmune disorders (celiac, lupus, rheumatoid arthritis)
- Past trauma to thyroid gland
- Current or recent pregnancy
- Smoking
- Recent use of iodine contrast (such as that used in CT scans)





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January is Thyroid Awareness Month

1 in 8 women

will develop a thyroid disorder during their lifetime.¹



Women are more likely than men to have thyroid diseases, especially right after pregnancy and after menopause.



SYMPTOMS OF HYPOTHYROIDISM



Constipation



Fatigue



Cold Sensitivity



Dry Skin



Forgetfulness



Weight Gain



SYMPTOMS OF HYPERTHYROIDISM



Hand Tremor



Weight Loss



Nervousness



Rapid Heart Rate



Trouble Sleeping



Muscle Weakness



Infrequent Period



Brittle Skin

- Check with your doctor if you experience any of the above symptoms.
- The first-line test for checking the health of your thyroid is a blood test that measures your levels of thyroid-stimulating hormone (TSH)
- Early detection may help prevent serious complications, and with careful management, people with thyroid disease can live healthy, normal lives.
- Collaborate with your doctor and stay informed.

"Look! I am bringing the city recovery and healing; I will heal them and reveal to them an abundance of lasting peace" Jeremiah 33:6

