

## Thyroid Gland: A Key To Your Well-being

Your thyroid gland produces hormones that regulate the functions of many of your body organs including your heart, brain, liver, kidneys and skin. Making sure that your thyroid gland is healthy is important to your body's overall well-being.

It's not difficult to keep your thyroid in balance; here are simple tips to keep you healthy:

### Know the “Ts” of thyroid therapy

#### Think about your thyroid

If you observe the symptoms of over and under active thyroid, talk to your doctor today. Look for bulges or protrusions in the neck, which may indicate the presence of a thyroid disorder.

#### Take your medication

Remember to be consistent. If you have been prescribed thyroid medication, take it at the same time everyday, as directed by your doctor. Staying on the same brand and dose of thyroid medicine prescribed by your doctor is also critical for optimal disease management.

#### Track your condition

Make sure your doctor checks your TSH (Thyroid Stimulating Hormone) and free T<sub>4</sub> levels regularly to make sure you are in the optimal range.

#### Target your numbers

TSH (Thyroid Stimulating Hormone) and free T<sub>4</sub> tests are simple blood tests that measure the appropriateness of thyroid gland's hormone production.

It is very important for patients with thyroid imbalance to know their TSH and free T<sub>4</sub> numbers.

- The optimal TSH range is 0.45 to 4.5 mU/L.
- You should talk to your doctors about their free T<sub>4</sub> numbers since laboratories ranges can vary.



## Thyroid Self-Test



For further information, visit [www.thyroidindia.com](http://www.thyroidindia.com)

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Partners in thyroid management

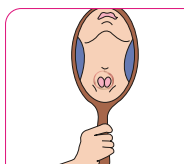


Millions of Indians are affected by thyroid dysfunction. The good news about thyroid disease is that reliable diagnostic and treatment options are readily available and when properly treated, patients with thyroid disorders can generally lead normal, active lives. But the bad news about thyroid disease is that nearly 90% of affected adults remain undiagnosed despite having fairly typical symptoms. If untreated, thyroid disorders may cause cardiovascular problems, infertility, osteoporosis and cause damage to major organs.

**Indian Thyroid Society** encourages you to perform a simple *Thyroid Self-Test* at regular intervals which will help your doctor detect thyroid (swelling / goiter) at earliest and ensure a healthy life for you.

### Thyroid Self-Test

- Focus on the area of your neck just below the Adam's apple and immediately above the collarbone. Your thyroid gland is located in this area of your neck.



- While focusing on this area in the mirror, tip your head back.



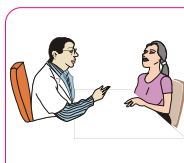
- Now swallow a sip of water.



- As you swallow, look at your neck. Check for any bulges or protrusions in this area.



- Talk to your doctor immediately, if you see any bulges or protrusions in this area.



### Things You Should Know About Thyroid Disorders

- Upto 4.2 crore Indians are affected by thyroid disorders, although more than half remain undiagnosed.
- Thyroid disorders are more common amongst women.
- Thyroid disorders tend to run in the family.
- Fatigue is a common complaint for under and over active thyroid conditions.
- TSH testing is the most useful test for thyroid screening.
- Regular check-ups are the key to successful management of a malfunctioning thyroid gland.
- Changing brands and dosage that affect thyroid hormone levels should be followed by retesting.
- Do not change your dose of thyroid medication without guidance from your physician.
- Thyroid conditions in pregnancy demand close attention.

### Symptoms

#### Overactive thyroid (hyperthyroidism):

Mental disturbances, sleep disturbances, protruding eyes, tremor, menstrual disturbance, dependent lower-extremity edema (leg swelling), fatigue and muscle weakness

#### Underactive thyroid (hypothyroidism):

Fatigue, depression, unexplained weight gain, infertility, hair loss, dry or yellow skin, reflex delay, cold intolerance

### TSH Tracker

Appointment	TSH Test Result	Thyroid Medicine and Dose