

Disorder Related To **THYROID-GLAND**

QUESTION .1 : WHAT IS THE THYROID?

ANSWER : The Thyroid is a small, butterfly-shaped gland just below the bony prominence in front of our neck-Adam's apple. The thyroid Gland produces thyroid hormones which control the body metabolism.

QUESTION.2 : What kind of problems can occur in thyroid gland?

ANSWER : Disorder of thyroid gland function may basically be of two types: Over (hyper) function or (b) under (hypo) function.

QUESTION.3 : What is "hyperthyroidism?"

ANSWER : In hyperthyroidism, the excess of thyroid hormones results in rapid metabolism, resulting in excessive energy utilization.

Symptoms include: - Anxiety, Fast heart rate, Nervousness, Increased Perspiration, Muscle weakness, Trembling hands, Weight loss, Hair Loss, Moist warm skin, increased frequency of bowel movements, Decreased menstrual flow and less frequent menstrual flow, Goiter, eyes that seem to be popping out of their sockets.

THE DIAGNOSIS OF HYPERTHYROIDISM IS MADE BY TESTING THE BLOOD LEVEL OF THE THYROID HORMONES i.e. (T3, T4, TSH).

QUESTION .4 : WHAT IS HYPOTHYROIDISM?

ANSWER : It occurs in adults but may also occur in newborns and children's.

Symptoms of hypothyroidism includes: - Feeling slow or tired Feeling cold, Drowsy during the day, even after sleeping all night, Slow heart rate, Poor memory, Difficulty in concentration, Muscle Cramps, Weight gain (typically not more than 2-3 kg), Husky voice, Thinning hair, dry and coarse skin, Feeling depressed, heavy

Menstrual flow, milky discharged from the breast, Infertility, Goiter.

In new born it includes: Sleepiness, Constipation, Jaundice, Feeding difficulties.

In children's: Growth failure, tiredness, slows school performance

SINCE THE SYMPTOMS OF HYPOTHYROIDISM ARE COMMON AND NON SPECIFIC THEREFORE THE DIAGNOSIS IS OFTEN MISSED FOR LONG PERIOD.

The diagnosis of hypothyroidism is made by measuring blood levels of TSH, T3 AND T4.

Treatment of hypothyroidism is directed towards replacing thyroid Hormone (eltroxin, thyronorm, thyrox), so as to normalize the blood Level.

HYPOTHYROIDISM TIPS : HYPOTHYROIDISM IS A COMMON EASILY TREATABLE DISORDER.

- 1) You cannot have thyroid disorder if you have normal thyroid tests.
- 2) Very often patients insist that they are putting on weight because of thyroid even though the Blood thyroid levels are normal; this Weight gain cannot be because of thyroid.
- 3) Make sure you get your tests done in a reliable laboratory.
- 4) Blood tests for thyroid are not necessarily given in the fasting state.
- 5) Most patients of hypothyroidism require lifelong replacement.
- 6) Life long replacement with thyroxin is safe.
- 7) Take your thyroid pill on an empty stomach for best effect.
- 8) Do not take iron, calcium or multivitamin pills with in 4 hours of Your thyroid pill.
- 9) Do not change the brand of your thyroid medication without Consulting your doctor.



If You Have Any Problem Related To Above Mentioned Disorders Kindly

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