

# Thyroid Health



The thyroid is a butterfly-shaped gland located in the neck, just above the collarbone. It is one of the endocrine glands that produce hormones. Thyroid hormones control and coordinate the rhythm of many activities in the body. It also controls the rate at which calories are burned and how fast the heart beats, influencing the activities that make up the body's metabolism.

Thyroid Diseases
<b>Goiter:</b> enlargement of the thyroid.
<b>Hyperthyroidism:</b> when the thyroid gland produces more thyroid hormones than the body needs.
<b>Hypothyroidism:</b> when the thyroid gland does not make enough thyroid hormone.
<b>Nodules:</b> lumps in the thyroid.
<b>Thyroiditis:</b> swelling in the thyroid.
<b>Thyroid cancer:</b> when malignant (cancerous) cells form in the tissues of the thyroid gland.

## Symptoms:

**Hypothyroidism:**

- Fatigue
- Depression
- Muscle and joint pain
- Intolerance to cold
- Slower heart rate
- Constipation
- Weight gain
- Memory problems
- Thinning hair

**Hyperthyroidism:**

- Fatigue
- Nervousness
- Irritability
- Difficulty sleeping
- Muscle weakness
- Intolerance to heat
- Increased sweating
- Irregular and rapid heartbeat
- Weight loss
- Sleep problem
- Increased sensitivity to heat

## Risk in women:

Women are more prone to suffer from thyroid diseases compared to men. This is because autoimmune disorders are more common in women, which can lead to complications, such as:

- Problems with menstrual period
- Difficulty in getting pregnant
- Difficulty in getting pregnant

## How are thyroid diseases diagnosed?

Your doctor may begin by asking about your medical history and family history. He or she may also perform a physical examination of your neck. He or she may also order other tests, such as:

- **Blood test (TSH):** tests the level of thyroid stimulating hormone.
- **Radioactive iodine uptake test:** high levels of radioactive iodine indicate that the thyroid is producing too much thyroid hormone. If levels are low, the thyroid is not producing enough thyroid hormones.
- **Thyroid scan:** this test shows the uptake of radioactive iodine in the thyroid and reveals three types of nodules called cold, warm, and hot.
- **Thyroid ultrasound.** this test can determine the classification of nodule type and size.

## Food:

People using thyroid hormone medication to treat their condition should avoid ingesting the following foods at the same time.

- Nuts
- Soybean meal
- Cottonseed meal
- Iron supplements or multivitamins containing iron.
- Calcium supplements
- Antacids containing aluminum, magnesium, or calcium.
- Ulcer medications
- Some cholesterol-lowering medications, such as those containing cholestyramine and colestipol.



## Social and Emotional

For tips, tools and resources on how you and your family can cope with emotional and physical concerns that arise during medical treatment, visit your primary care physician or contact the following phone lines:

### Medical Advice Line

1-844-347-7801

TTY/ TDD 1-844-347-7804

APS Health 787-641-9133

## References:

<https://www.mayoclinic.org/es-es/diseases-conditions/hypothyroidism/symptoms-causes/syc-20350284>

<https://www.mayoclinic.org/es-es/diseases-conditions/hyperthyroidism/symptoms-causes/syc-20373659>

<https://es-share.upmc.com/2023/03/problema-de-tiroides-en-mujeres/>

<https://medlineplus.gov/spanish/thyroiddiseases.html>

<https://www.mayoclinic.org/es/diseases-conditions/hypothyroidism/expert-answers/hypothyroidism-diet/faq-20058554>

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