

# Thyroid Health



The thyroid gland is a butterfly-shaped organ located in the neck, just above the collarbone. It is one of the endocrine glands which produce hormones. Thyroid hormones control the rhythm of many activities in the body. These include how quickly calories are burned and how fast the heart beats. All of these activities process is called the body's metabolism.

## Thyroid Disease

**Goiter:** Enlargement of the thyroid.

**Hyperthyroidism:** When the thyroid gland produces more thyroid hormone than your body needs.

**Hypothyroidism:** When the thyroid gland does not produce enough thyroid hormone.

**Nodules:** Lumps in the thyroid.

**Thyroiditis:** Swelling in the thyroid.

### Thyroid cancer

For the diagnosis of diseases of the thyroid, a physical examination and tests for the thyroid must be performed.

### Symptoms:

#### Hypothyroidism:

- Fatigue
- Depression
- Muscle and joint pain
- Cold intolerance
- Slower heart rate
- Constipation
- Weight gain

#### Hyperthyroidism:

- Fatigue
- Nervousness or irritability
- Difficulty to sleep
- Muscular weakness
- Heat intolerance or increased sweating
- Fast and irregular heartbeat
- Frequent bowel movements or diarrhea
- Weightloss

### Risk in women:

Women are more likely to suffer from thyroid diseases than men, and are at higher risk of the following complications:



Problems with the menstrual period.

Difficulty getting pregnant.

Problems during pregnancy.

## Nutrition:

Avoid taking your thyroid hormone at the same time you consume:

- Walnuts
- Soybean flour
- Cottonseed meal
- Iron supplements or multivitamins that contain iron
- Calcium supplements
- Antacids that contain aluminum, magnesium, or calcium
- Medications for ulcers
- Some cholesterol-lowering drugs, such as those containing cholestyramine and colestipol



## Pregnancy and the Thyroid



During pregnancy, thyroid hormones can affect the health of both the mother and the developing baby. Thyroid hormone levels should be carefully monitored and adjusted, even if you haven't had thyroid problems. After pregnancy, abnormal thyroid hormone levels tend to remain

for a year or more.

**Remember:** If you see signs of thyroid problems, talk to your doctor.



## Social and Emotional Aspect

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

### Medical Advice Line

1-844-347-7801

TTY/TDD: 1-844-347-7804

### APS Healthcare

787-641-9133

## References:

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(2022)<https://salud.nih.gov/articulo/piense-en-su-tiroides/>

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