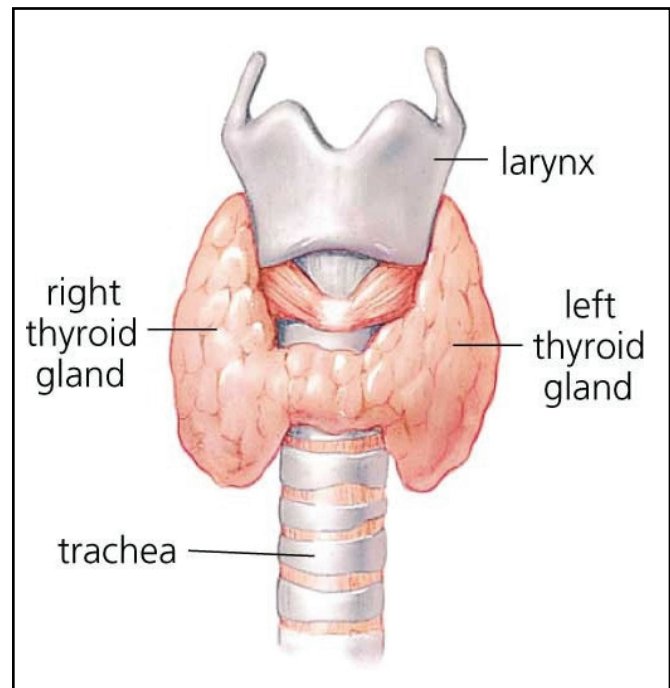


Understanding Thyroid Problems

The thyroid gland influences almost all metabolic processes in your body. The most common thyroid problem involves abnormal production of thyroid hormones. **Hyperthyroidism** is the production of too much thyroid hormones. While **Hypothyroidism** does not produce enough.

Hyperthyroidism - Overproduction of thyroid hormones. Conditions include: Graves' Disease, toxic adenomas, subacute thyroiditis, pituitary gland malfunctions or cancerous growths in the thyroid gland.

Hypothyroidism - stems from an underproduction of thyroid hormones. Conditions include: Hashimoto's thyroiditis, nodules, goiters, cancer.



Symptoms of Thyroid Problems

Hyperthyroidism - Weakness and Fatigue; Shaky Hands; Increase in Rate of Heartbeats; Weight Loss; More frequent and Looser Bowel Movements; Anxiety and Irritability; Eye Irritation or Problems; Changes to Normal Menstrual Behavior; Greater Sensitivity to Heat and Increased Perspiration and Infertility.

Hypothyroidism - Sluggishness and Fatigue; Depression; Greater Sensitivity to Cold; Unexplained Weight Gain; Dry Hair and Skin; Constipation and Menstrual Irregularities.

Living with Thyroid Problems

In addition to specific thyroid-directed therapy prescribed by your physician, there are a few things you can do to minimize the effect thyroid problems can have on your daily routine. Eat a balanced diet, exercise regularly, get enough sleep, and take for relaxation. By doing this, you can put your body in the best situation to handle the stress that thyroid problems can impose. These same steps can also help prevent further complications from thyroid problems.