

Thyroid Awareness Month

Jasper School District

Weight issues may not be your fault!

As many as 30 million Americans may be affected by Thyroid disorders, although more than half go undiagnosed, say experts at the American Association of Clinical Endocrinologists.

The thyroid gland, or simply the thyroid is one of the largest endocrine glands in the body. Found in the neck, it controls how quickly the body makes energy, makes proteins and processes other hormones. If your thyroid isn't working properly, neither are you. But many people are not sure where their thyroid is or what symptoms might indicate a problem.

Here are some facts you should know:

Thyroid cancer is one of the fastest-growing cancers in America and can be one of the most curable. The most common sign of thyroid cancer is a lump.

Thyroid disorders tend to run in families and are most common in women.

Hyperthyroidism, or an overactive thyroid, develops when the body is exposed to excessive amounts of thyroid hormone. It occurs in almost 1 percent of all Americans and in its mildest form may not cause recognizable symptoms.

Hypothyroidism, or an underactive thyroid occurs when the thyroid gland produces too little or less than the normal amount of thyroid hormone. The result is slowing down of many bodily functions.

How do you know if you have a thyroid disorder? While fatigue is the most common symptom, others can include:

- Fast or irregular heart rate.
- Anxiety or irritability
- Unexplained weight loss or gain
- Intolerance of warm or cold temperatures

- Muscle weakness

There is a simple neck check you can perform at home. You can find out more about this self-exam at www.ThyroidAwareness.com

Your doctor will be able to do blood tests if needed or refer you to an Endocrinologist.

