

HEALTHY LIVING CHRONICLES

Thyroid Disease Education



The thyroid is a butterfly-shaped gland located in the front of the neck. It secretes hormones through your bloodstream to every cell and organ in your body. When you have thyroid disease, this gland is diagnosed as either overactive (hyperthyroidism) or underactive (hypothyroidism).

Hyperthyroidism occurs when your thyroid secretes too many hormones. In response, your bodily functions will speed up. Some symptoms of hyperthyroidism are:

- ✦ Weight loss
- ✦ Heat intolerance
- ✦ Frequent bowel movements
- ✦ Tremors
- ✦ Nervousness and irritability
- ✦ Thyroid gland enlargement
- ✦ Sleep disturbances
- ✦ Fatigue

On the flip side, hypothyroidism occurs when your thyroid doesn't secrete enough hormones into your blood. In response, your bodily functions will slow down. Some symptoms of hypothyroidism are:

- ✦ Fatigue
- ✦ Weight gain
- ✦ Cold intolerance
- ✦ Dry or brittle hair
- ✦ Memory problems
- ✦ Irritability and depression
- ✦ Higher cholesterol levels
- ✦ Slower heart rate
- ✦ Constipation or sluggish bowel

Some risk factors of thyroid disease include:

- ✦ Diabetes or other autoimmune disorders
- ✦ Family history of thyroid disorder
- ✦ Hormonal changes
- ✦ Gender (majority of cases found in women)
- ✦ Age (more hyperthyroidism cases found in menopausal women than young women)

A simple blood test, ultrasound and/or nuclear scan can determine if you have the disease. "One thing to keep in mind if you are diagnosed with thyroid disease is that it is manageable. If you have been diagnosed, it's very important to follow your physician's treatment plan to help you manage this disease," said Dr. Joan Parambi, endocrinology, Doctors Community Practices at Riverdale.

For more information about thyroid disease or to schedule an appointment, contact us at [301-927-0088](tel:301-927-0088).



LET OUR SYSTEM CARE FOR YOURS

Your body is a complex system. Each part has an important role in supporting your well-being. The same is true at Doctors Community Health System. Our network of care can help you maintain and improve your overall health. So, let our system care for yours.

At the heart of this system is our flagship – **Doctors Community Hospital** in Lanham, Maryland. For your convenience, we complement the hospital's medical and surgical programs with more than a dozen centers of care located throughout the area:

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- ✚ Endocrinology Services
- ✚ Imaging Services
- ✚ Infusion Care
- ✚ Orthopedic Service
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- ✚ Radiation Oncology
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- ✚ Wound Care

Contact us for more information or to schedule an appointment.

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