



## Thyroid Disorders in Women Symptoms Women Should not Ignore

Thyroid disorders are common hormonal conditions in women. Symptoms like fatigue, weight changes, mood swings, and irregular periods are often ignored but may signal a thyroid imbalance. Early diagnosis is important for better health and well-being.

### Common Cause

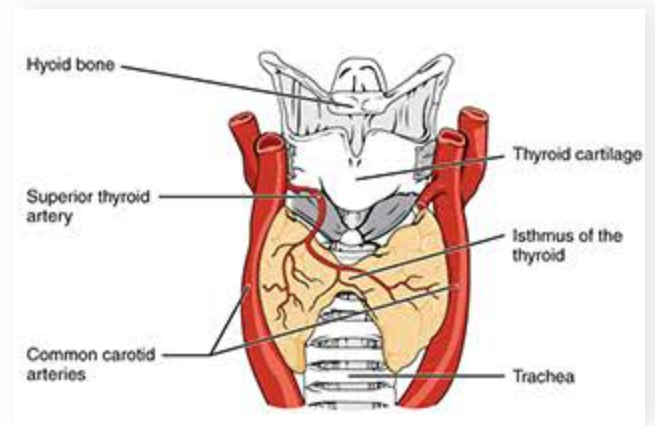
- Autoimmune disorders
- Pregnancy or menopause-related hormonal changes
- Family history
- Iodine imbalance
- Chronic stress
- Certain medications

### Symptoms Women Should Not Ignore

- Constant fatigue
- Unexplained weight gain or loss
- Hair fall or thinning
- Mood swings or anxiety
- Irregular periods
- Dry skin and brittle nails
- Sleep problems
- Heat or cold sensitivity
- Neck swelling

### Warning Signs Women Should Not Ignore

- Persistent tiredness
- Sudden weight changes
- Irregular periods
- Palpitations



- Memory or focus issues
- Swelling in the neck

### Diagnosis & Treatment

- Thyroid blood tests (TSH, T3, T4)
- Ultrasound if required
- Medications or hormone therapy
- Regular follow-ups

### Lifestyle Tips Women Should Follow

- Eat a balanced diet
- Exercise regularly
- Manage stress
- Sleep well
- Take medicines on time
- Avoid self-medication

Untreated thyroid disorders can affect physical, emotional, and hormonal health. Early detection, healthy habits, and proper medical care can help maintain better thyroid health.