



## Understanding the Thyroid Gland

The thyroid gland is a small butterfly-shaped gland located at the base of the neck. It produces important hormones called T3 (Triiodothyronine) and T4 (Thyroxine), which regulate the body's metabolism, energy levels, heart rate, and temperature.

### Common Thyroid Disorders

- Hypothyroidism – Low thyroid hormone levels
- Hyperthyroidism – Excess thyroid hormone levels
- Thyroid Nodules – Lumps in the thyroid gland
- Thyroid Cancer – Rare but treatable if detected early
- Goitre – Enlargement of the thyroid gland

### Common Causes

- Autoimmune diseases (Hashimoto's, Graves')
- Iodine imbalance
- Certain medications or radiation
- Pregnancy-related hormonal changes
- Family history and ageing

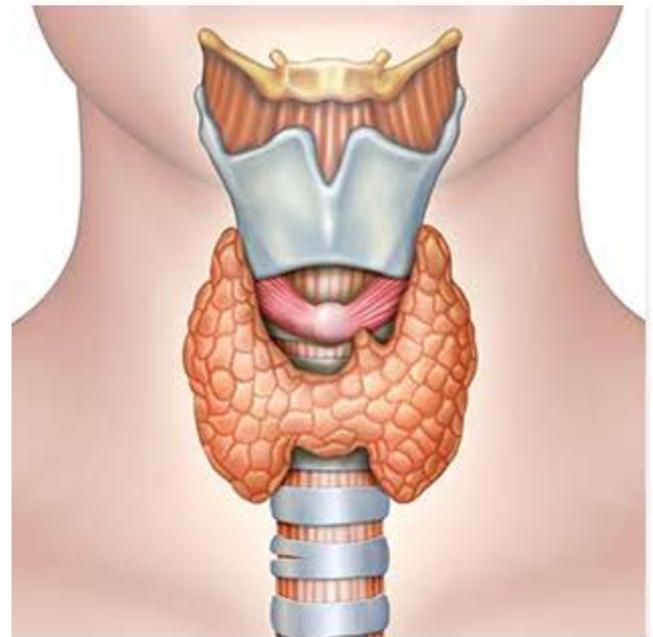
### Symptoms

#### Hypothyroidism

- Persistent fatigue
- Weight gain
- Sensitivity to cold
- Dry skin and hair loss
- Constipation

#### Hyperthyroidism

- Unexplained weight loss
- Rapid or irregular heartbeat
- Anxiety, irritability, or tremors
- Excessive sweating
- Difficulty sleeping



### Diagnosis

- Blood tests (TSH, T3, T4 levels)
- Thyroid ultrasound or scan
- Clinical examination by a specialist

### Treatment

#### Depends on the specific thyroid condition:

- Hormone replacement therapy for hypothyroidism
- Medications, radioactive iodine therapy, or surgery for hyperthyroidism
- Regular monitoring or surgery for thyroid nodules and thyroid cancer

With early diagnosis, proper treatment, and regular follow-ups, most thyroid disorders can be effectively managed. A healthy lifestyle, balanced diet, and routine check-ups help support thyroid health and overall well-being