

Wellness Tidbits

January is Thyroid Awareness Month



COMMON SYMPTOMS OF THYROID DISORDERS

As a new year rings in with new resolutions, January is the perfect time to bring awareness to your thyroid and its relationship to your overall health. Did you know that an estimated 20 million Americans have some form of thyroid disease, and more than 12% of the U.S. population will develop a thyroid condition during their lifetime? Consider the importance of your body's energy, metabolism, and mood as it relates to your overall health. Now, would you be surprised to learn that the thyroid oversees the bodily processes that affect all of these?

Types of Thyroid Disorders & Symptoms

Hyperthyroidism – Your body produces too much thyroid hormone. Symptoms might include weight loss, high levels of anxiety, tremors, and a sense of being on a high.

Hypothyroidism – Your body makes too little thyroid hormone. Symptoms might include weight gain, lack of energy, and depression.

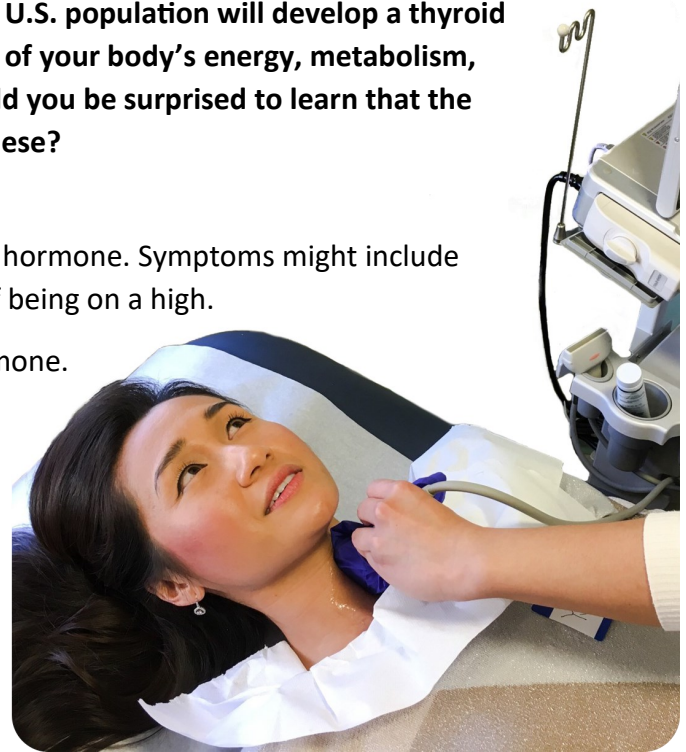
In evaluating your thyroid health, doctor's will consider medical history, physical examination of thyroid, blood tests or other diagnostic testing.

Resources:

<https://www.thyroid.org/media-main/press-room/>

<https://www.cdc.gov/nceh/radiation/hanford/htdsweb/guide/thyroid.htm>

<https://my.clevelandclinic.org/health/diseases/8541-thyroid-disease>



Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

Name one bodily process the thyroid affects.

**ANSWER FITBIT®
CHALLENGE HERE!**



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