

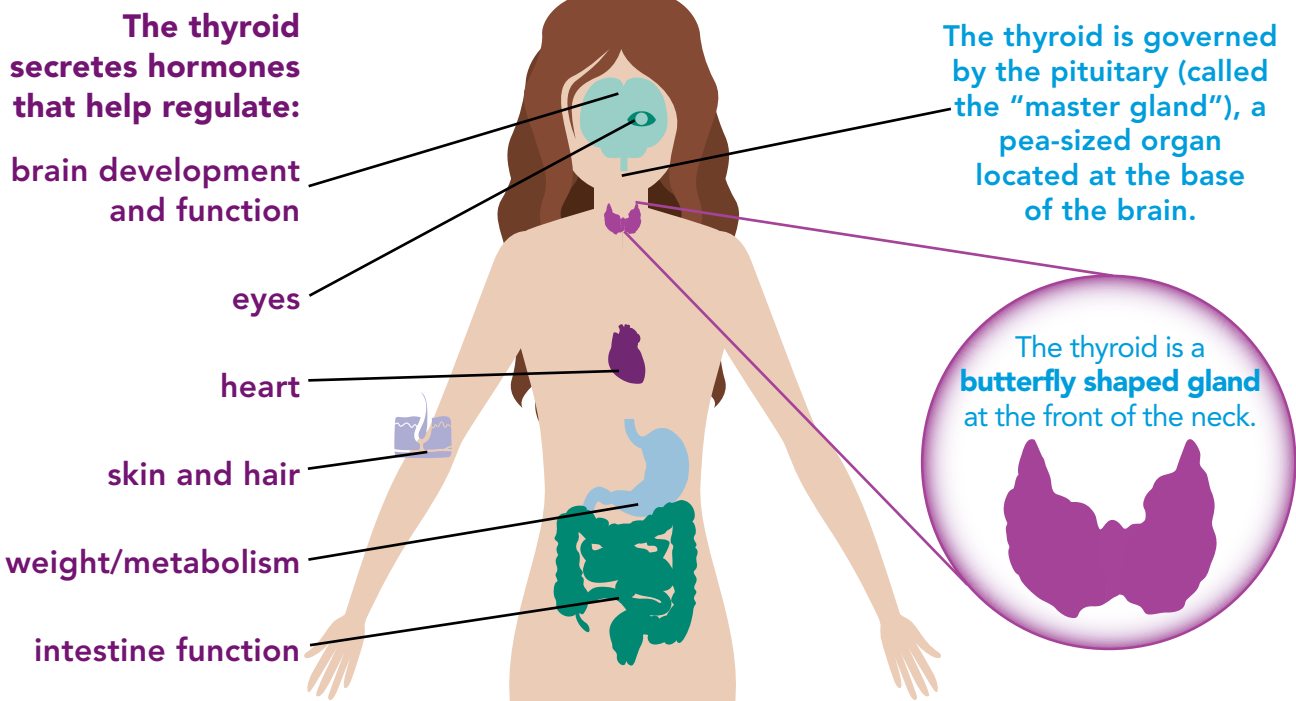
YOUR THYROID

WHAT YOU NEED TO KNOW

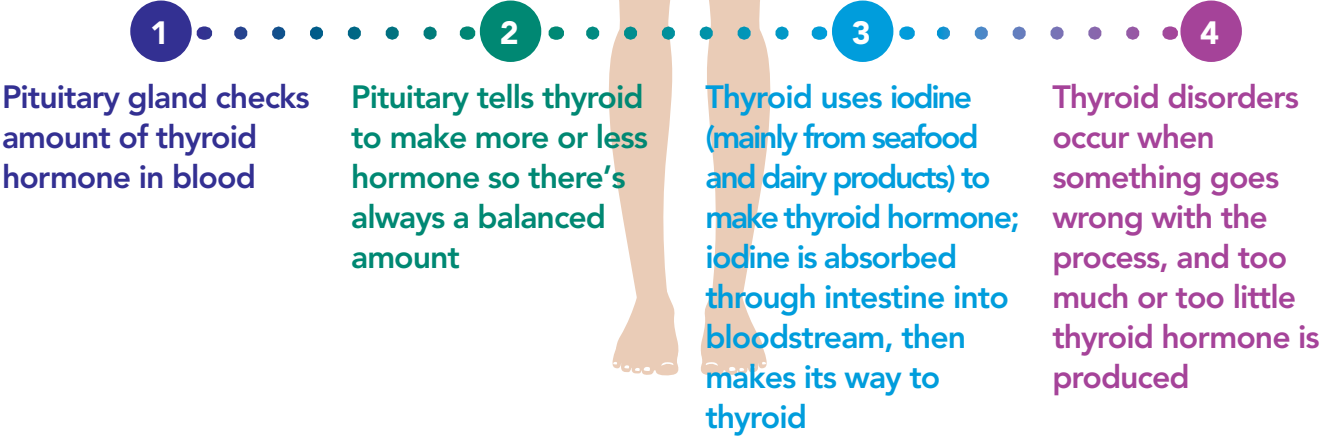
The thyroid makes hormones that travel through your bloodstream and regulate how your body breaks down food and uses it for energy. It is part of the endocrine system, which includes the pituitary gland, hypothalamus, thymus, pineal gland, testes, ovaries, adrenal glands, parathyroid and pancreas.

Visit hormone.org for more information.

ABOUT YOUR THYROID

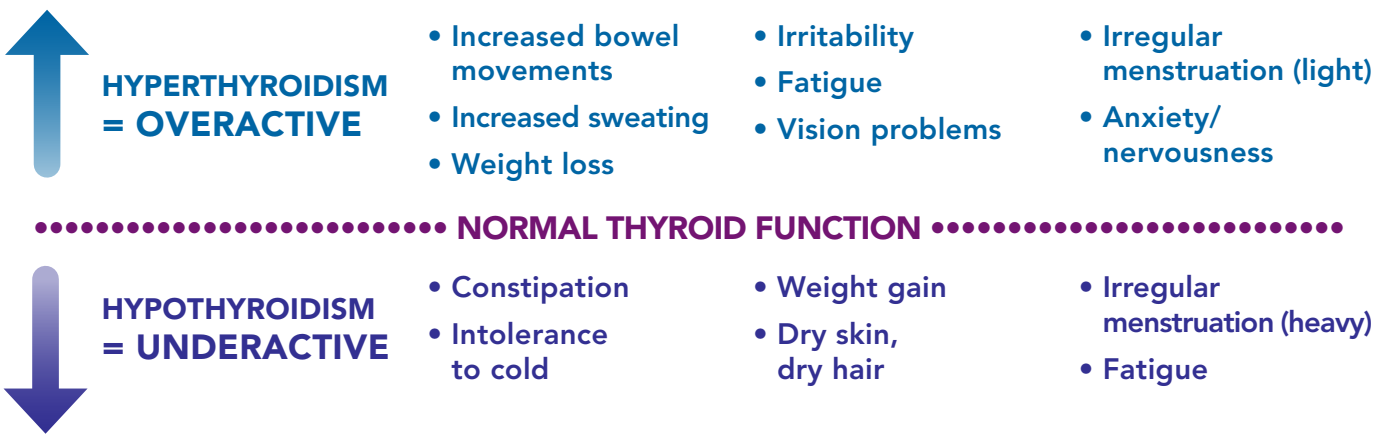


HOW IT WORKS



THYROID DISORDERS:

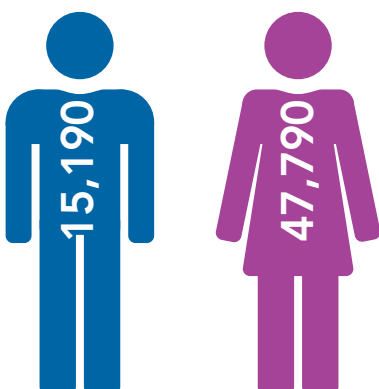
occur when thyroid releases too many (overactive) or too few (underactive) hormones. These disorders frequently run in families, and are more common in women.



IF YOU HAVE A THYROID DISORDER:

- ✓ Take your prescribed medication as directed
 - ✓ Be aware of drug interactions
 - ✓ Have your healthcare provider check for nodules
 - ✓ Eat a balanced diet
 - ✓ Get enough sleep and exercise
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Estimated new cases of thyroid cancer in 2014:



NODULES

- Lump or swelling in thyroid gland
- No effect on thyroid function, usually no effect on thyroid hormone
- More than 90% are not harmful or dangerous, but some can be cancerous
- Nodules can be detected by a "neck check" by your healthcare provider

THYROID CANCER

- Most common endocrine cancer
- Occurs in all ages, children through seniors
- No symptoms in early stage
- About two out of every three people diagnosed are between ages 20 and 55

Patients have questions. We have answers.

The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at hormone.org.

Additional editing by Alan Farwell, MD, Boston Medical Center