How to Tell If You Have Thyroid Disease Transcript

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Introduction to Thyroid Disease

Hey, I'm Dr. Uma Naidu. I am a Harvard trained nutritional psychiatrist. Why am I talking about thyroid disease? Because people have been misdiagnosed with bipolar disorder or other mental health conditions when in fact they have thyroid diseases.

Today I want to share with you signs that you may have a thyroid problem.

What the Thyroid Does

Firstly, what is the thyroid? The thyroid is a small gland in the front of the neck that makes hormones to control how the body uses energy. These hormones affect many parts of body including the heart, muscles, brain and digestive system.

Why is the thyroid important? Well, thyroid hormones help keep the body's metabolism, temperature, and energy levels normal.

Common Thyroid Disorders and Risk Factors

If the thyroid makes too much or too little of a certain hormone, it can cause health problems. Common thyroid problems, conditions like hypothyroidism, which is an underactive thyroid.

The thyroid does not make enough hormones. versus hyperthyroidism and overactive thyroid where the thyroid makes too much hormone. Now who is at risk for thyroid problems?

Women, especially older adults, people with a family history of thyroid disease, those who have had head and neck surgery or radiation, People with certain autoimmune diseases like type 1 diabetes, pregnant women with thyroid issues.

Symptoms of Hypothyroidism

Another cause of hypothyroidism is Hashimoto's thyroiditis, which is an autoimmune condition that you need to discuss with your doctor. Symptoms of Hypothyroidism or underactive thyroid include symptoms that can be mild and develop slowly.

Not everyone has all the symptoms. And some symptoms can caused by other health problems. Feeling tired or weak, gaining weight without trying, feeling cold more often than others, dry skin and hair loss, constipation, memory problems or trouble concentrating, slow heart rate, puffy face or swelling, muscle cramps or joint pain, irregular periods in women, depression or feeling down.

Now what about symptoms of hyperthyroidism?

Symptoms of Hyperthyroidism

or overactive thyroid. People can feel nervous, anxious, irritable, lose weight without trying, feel hot or sweating more than usual, fast or irregular heartbeat, trembling hands, trouble sleeping, more frequent bowel movements, muscle weakness and changes in menstrual periods in women.

Other signs to watch for are swelling in the neck or a boiter, voice changes or hoarseness, troubled swallowing, How is a thyroid problem diagnosed? Because symptoms can be similar to other health problems, thyroid problems

are diagnosed with blood tests.

The main test measures thyroid stimulating hormone or TSH. If T SH is abnormal, another test checks the level of the thyroid hormone T4.

How Thyroid Problems Are Diagnosed

Now when do you get tested? Testing is recommended for people with symptoms of those at higher risk in routine screening. Routine screening is not recommended for everyone who does not have symptoms.

Now what do you do if you think you have a thyroid problem? If you notice several symptoms listed here, especially if they last for weeks or get worse, talk to a healthcare provider.

Testing, Treatment, and When to See a Doctor

They may order blood tests to check your thyroid function. The most common thyroid problems that are treated with medication include those of hypothyroidism, where the main treatment is leboid thyroxine, which replaces the misinformal.

For hyperthyroidism, treatment may include medicines, radioactive iodine or surgery depending on the cause. In summary, thyroid problems can cause many different symptoms, but these symptoms are often mild or confused with other health issues.

The only way to be sure is to get the appropriate blood test if you have symptoms and talk to your doctor. Hey I'm Dr. Uma Naidu, The Moonfruit MD. Thanks so much for watching my video.

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