

THINGS YOU SHOULD KNOW ABOUT HYPOTHYROIDISM

In the Clinic
Annals of Internal Medicine

What is the thyroid gland?

The thyroid gland is a hormone-secreting gland located in the neck, just below the Adam's apple.

What do thyroid hormones do?

Thyroid hormones regulate the body's use of energy.

What is hypothyroidism?

Hypothyroidism is a condition in which the thyroid gland secretes too little thyroid hormone into the circulation.

What are the symptoms of hypothyroidism?

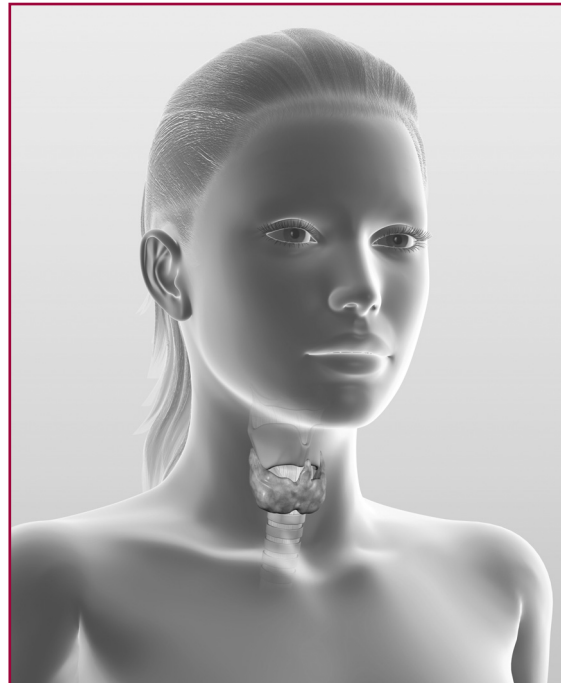
Symptoms include fatigue, depression, increased need for sleep, dry skin, cold intolerance, hoarseness, weight gain, menstrual irregularity, and constipation.

How is the diagnosis of hypothyroidism made?

Blood tests can detect low levels of thyroid hormones.

How is hypothyroidism treated?

Hypothyroidism is treated with oral thyroid hormone replacement.



How long do I have to take thyroid hormone replacement?

Once a person has developed hypothyroidism, the condition is usually permanent. Thyroid hormone replacement is a lifelong requirement.

For More Information

Web Sites With Good Information About Hypothyroidism

www.acponline.org/patients_families/diseases_conditions/hypothyroidism/

Access information for patients with hypothyroidism prepared by the American College of Physicians.

www.nlm.nih.gov/medlineplus/ency/article/000353.htm

Access information for patients with hypothyroidism prepared by the National Library of Medicine of the National Institutes of Health.

www.thyroid.org/patients/patient_brochures/hypothyroidism.html

Access information for patients with hypothyroidism prepared by the American Thyroid Association.

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