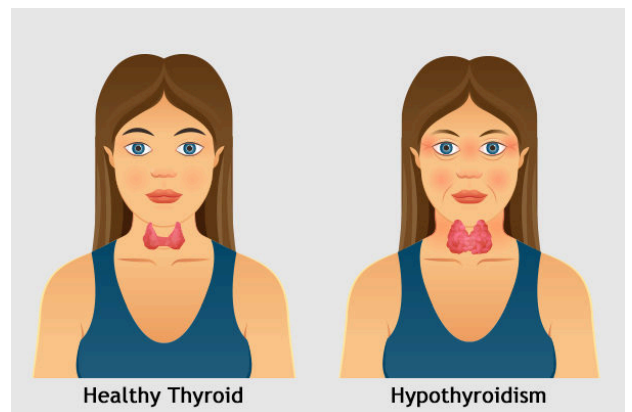


JANUARY BUG-OF-THE-MONTH



Thyroid Diseases

Hyperthyroidism	Hypothyroidism
<p>Hyperthyroidism occurs when your body makes too much of the thyroid hormones, thyroxine (T4) and triiodothyronine (T3).</p> <p>May experience a fast heartbeat, increased appetite, anxiety, sensitivity to heat or sudden weight loss.</p>	<p>In hypothyroidism, the gland's hormone production slows, which slows your metabolism.</p> <p>This can lead to weight gain.</p> <p>Hypothyroidism is common, affecting about 4.6% of the U.S. population.</p>
<p>Hyperthyroidism most commonly occurs in three ways: thyroiditis, or inflammation of the thyroid; a thyroid nodule that produces too much T4 hormone; or an autoimmune condition known as Graves' disease.</p> <p>Major symptoms of Graves' disease are puffy eyes, fast heartbeat and swelling of the thyroid gland (goiter).</p> <p>If left untreated, hyperthyroidism can cause bone loss or an irregular heartbeat.</p>	<p>Hashimoto's thyroiditis is the most common cause of hypothyroidism. With this autoimmune condition, your body attacks its own immune system.</p> <p>Over time, this causes the thyroid to stop producing hormones as it should, which leads to hypothyroidism.</p> <p>Hashimoto's thyroiditis occurs more frequently in women than men.</p>



How to maintain a healthy Thyroid:

1. **Stick to a diet that is low in sugar and processed foods.** Excessive sugar can lead to inflammation, which can worsen the symptoms of an underactive thyroid.
2. **Limit your intake of cabbage related vegetables.** Vegetables such as cabbage/broccoli can interfere with thyroid hormone production.
3. **Find ways to reduce your stress.** It's been shown that stress can cause thyroid hormone resistance.
4. **Exercise three to five times a week.** Increasing your muscle mass can boost your metabolism and help to avoid weight gain or lethargy.
5. **Maintain a healthy body weight:** The higher your body weight, the more thyroid hormone your body will require.