

ENDOCRINE PROBLEMS

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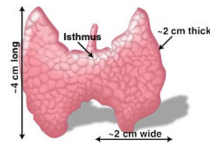
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Thyroid Facts

- The thyroid gland influences every organ, tissue and cell in the body.
- Untreated thyroid disease can cause elevated cholesterol; heart disease; infertility; osteoporosis; and, in extreme cases, coma or death.
- 27 million Americans have thyroid disease.
- More women have thyroid disease.
- Treatment depends on the condition.
- Hypothyroidism frequency increases with age.

Parathyroid Facts

- No drug will make hyperparathyroidism (HPT) better. Surgery is the only treatment.
- HPT will not get better on its own. The disease is caused by a tumor.
- Fluctuating levels of calcium are typical of HPT.
- Untreated HPT disease will cause osteoporosis.
- Hypoparathyroidism is usually temporary and treated with calcium and vitamin D pills.



Shaped like a butterfly and located in the neck below the Adam's apple, is the thyroid gland. T3 and T4 are the two main hormones secreted by the gland that controls your metabolism.

The thyroid is directly responsible for determining how the body will break down the food you eat and whether your body should use it as immediate energy or store it for future energy use. Thyroid hormones influence every organ system in the body. They help control body temperature, heart rate, muscle strength, cholesterol memory and even your mood.

Hypothyroidism, too little thyroid hormone, is the most common condition affecting the thyroid gland. Common

THYROID DISEASES

symptoms include fatigue, weight gain, constipation, fuzzy thinking, body pain, and slow reflexes. Standard treatment consist of a T4 drug called levothyroxine.

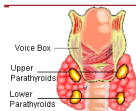
Hyperthyroidism results from your thyroid gland producing too much hormone. Symptoms may include anxiety, insomnia, rapid weight loss, diarrhea, high heart rate and blood pressure, and eye bulging or visual disturbances. Treatment focuses on disabling the thyroid permanently which renders most people hypothyroid for life.

There are two different autoimmune diseases in which the immune system dysfunction targets the thyroid. Hashimoto's disease is the most common. In this dis-

ease, the gland attacks itself and destroys its ability to produce thyroid hormone and thus causes hypothyroidism.

Grave's disease, or toxic goiter, typically causes hyperthyroidism. In this disease, autoantibodies bind to the gland and causes it to overproduce the hormone. Treatment is the same as for hyperthyroidism and most people end up with hypothyroidism requiring life long thyroid hormone therapy.

Cancer of the thyroid is uncommon, accounting for about 1% of all cancers diagnosed. Symptoms include a lump on the side of the neck, hoarseness and difficulty swallowing. Early detection and treatment can result in a healthy future.



Parathyroid glands are **not** related to the thyroid but sit behind the thyroid gland in the neck. We all have 4 parathyroid glands; each the size of a grain of rice and mustard yellow in color. These glands make a hormone, called parathyroid hormone (PTH). The only purpose of the parathyroid

PARATHYROID DISEASE

gland is to regulate the calcium level in our bodies so that the nervous and muscular systems can function properly. All four glands do the exact same thing.

When parathyroid glands go bad, 91% of the time it is only one gland. The gland develops a benign tumor and

makes too much hormone. This excess goes to the bones and takes calcium out of the bones and puts it in the blood. The only treatment for parathyroid tumor is surgery to remove the defective gland. You can easily live with one or even 1/2 a parathyroid gland.