



QUICK FACTS ABOUT THYROID DISEASE

An estimated 20 million Americans have some form of thyroid disease.

- A large amount of people with thyroid disease are unaware of their condition.
- More than 12% of the U.S. population will develop a thyroid condition during their lifetime.



Thyroid problems can occur at any age but become more common after age 35.

- Women are 5-8 times more likely than men to have thyroid problems.
- 1 in 8 women will develop a thyroid disorder during her lifetime.

Undiagnosed thyroid disease may put patients at risk for serious conditions including cardiovascular disease, osteoporosis, and infertility.

What is the Thyroid?

The thyroid is a butterfly-shaped gland located at the base of the neck, just below the Adam's apple. Despite its small size (approximately 2 inches long), it produces hormones that regulate:

- Metabolism and weight
- Energy levels
- Body temperature
- Heart rate
- Mood and mental clarity
- Digestive function
- Muscle strength

Risk Factors

Individuals at higher risk for thyroid disease include:

- Women, especially over age 35
- People with family history of thyroid disease
- Those with other autoimmune disorders (Type 1 diabetes, rheumatoid arthritis, lupus)
- Pregnant women or those who recently gave birth
- People who have received radiation therapy to neck or chest
- Those with iodine deficiency or excess

Screening and Diagnosis

Primary Test: TSH (Thyroid-Stimulating Hormone) blood test

- Simple, affordable screening tool
- Can be done at regular doctor visits
- Additional tests (T3, T4, thyroid antibodies) if indicated may be ordered for complete assessment

Physical Examination: Doctor checks for thyroid enlargement or nodules

Imaging: Ultrasound or radioactive iodine uptake test if abnormalities detected

Biopsy: Fine needle aspiration for suspicious nodules

Common Thyroid Conditions

| Hypothyroidism | Hyperthyroidism | Thyroid Nodules |
|--|--|--|
| <p>Thyroid doesn't produce enough hormone</p> <p>Symptoms: Fatigue, weight gain, cold sensitivity, depression, dry skin, hair loss</p> <p>Treatment options include hormone replacement medication</p> | <p>Thyroid produces too much hormone</p> <p>Symptoms: weight loss, rapid heartbeat, anxiety, tremors, heat sensitivity, insomnia</p> <p>Treatment options include medication, radioactive iodine, or surgery</p> | <p>Lumps in the thyroid gland-very common and most are benign.</p> <p>May require monitoring or biopsy</p> |
| Thyroid Cancer | Hashimoto's Thyroiditis | Graves' Disease |
| <p>Highly treatable with high survival rates when detected early.</p> | <p>Autoimmune condition that causes hypothyroidism</p> | <p>Autoimmune condition causing hyperthyroidism</p> |

Symptoms to Watch For

| Hypothyroidism | Hyperthyroidism |
|--|--|
| <p>Fatigue • Weight gain • Cold intolerance • Constipation • Dry skin • Hair loss • Depression • Memory problems • Muscle weakness • Slow heart rate</p> | <p>Weight loss • Rapid heartbeat • Anxiety • Tremors • Sweating • Heat intolerance • Frequent bowel movements • Difficulty sleeping • Irritability • Bulging eyes (in Graves' disease)</p> |

This information is for educational purposes only and is not intended as medical advice. Always consult with a qualified healthcare provider for diagnosis and treatment of thyroid conditions. For more thyroid resources, visit www.thyroid.org.