

Hyperthyroidism VS. Hypothyroidism

What's the difference?

Thyroid hormones act throughout the entire body, helping our organs to function properly, and controlling how our body processes food for energy. Adequate thyroid function is crucial for growth and development, body temperature regulation, and influencing a person's metabolism.

The only way to know whether or not you have a thyroid disorder is to have a simple blood test done to check the different levels of thyroid hormones in your body, which can give your doctor a good idea as to what your thyroid is sending out to the rest of your body, and how to compensate.

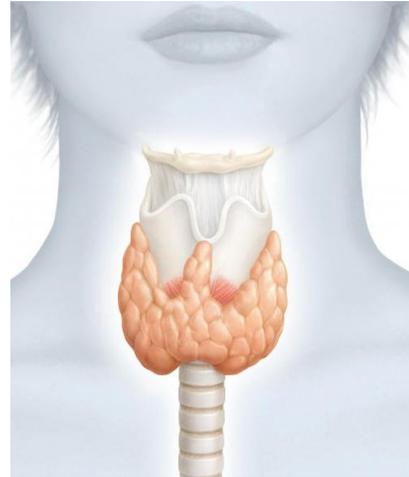
There are a multitude of symptoms a person may experience if their thyroid is malfunctioning. There can also be very subtle (or no) symptoms, which is why thyroid disease can be overlooked or left untreated for years.

If a person has an underactive thyroid (**hypothyroidism**), they may feel sluggish or weary, experience dry skin, puffy face, no appetite, weight gain, slow memory, slow reactions, depression or constipation. They may also feel cold often, sleep too much or their hair may fall out.

Adversely, an overactive thyroid (**hyperthyroidism/thyrotoxicosis**) might make a person feel snappy or fidgety. They may also experience rapid heart rate, a feeling of depression or anxiety, hair loss, difficulty sleeping, feel warm often, or have bulging eyes. Difficulty swallowing or a "tight" feeling in the neck can also be an indicator of something amiss. Although somewhat general, if anyone is feeling any of these symptoms, or even just a little "off", they should ask their doctor to check their thyroid levels. The difference a person can feel once their thyroid function is eradicated can be a great relief.

"Leading an overall healthy lifestyle can help you manage your thyroid disease."

-Dr. Moosa



It is well documented that food and a number of medications can decrease the absorption of Levothyroxine. This is especially true with calcium and iron pills. Consequently, many patients are instructed to take their levothyroxine on an empty stomach before breakfast and to wait up until an hour before eating.

-The American Thyroid Association

What does my thyroid have to do with my weight?

Your thyroid hormones regulate your metabolism (conversion of calories and oxygen to energy). Typically, an underactive thyroid can be a big contributor to weight gain because your body is lacking the proper thyroid hormones needed to keep your metabolism at pace with your calorie intake. This can lead to steady weight gain. It should also be noted that an overactive thyroid may be responsible for weight loss as well. This is because your metabolism process is sped up due to an abundance of thyroid hormones. However, sometimes overactive thyroid can lead to weight gain due to an increase in appetite.

Diet can influence thyroid function. Your thyroid cannot function without iodine to feed it. However, iodine deficiency is not common in the USA due to the fortification of milk with iodine. Iodine-rich foods, like seafood, dairy, cranberries, yogurt and potatoes are useful as well.

On the other hand, too much iodine can make the thyroid produce too much, or paradoxically too little, of its hormones. Having a well-balanced diet is important for anyone's health to ensure that their body has everything it needs to function well.

Your thyroid cells absorb most of the iodine you eat, and your thyroid cannot function without it. Once absorbed, iodine is then converted into thyroid hormones (T4 and T3), which are essential for healthy thyroid function. If you absorb too little iodine you could end up with a deficiency (hypothyroidism), just as absorbing too much iodine can lead to an overactive thyroid (hyperthyroidism), or paradoxically underactive thyroid (hypothyroidism) in certain circumstances.

THE ENDO REPORT



June 18th

11:00 am ~ 3:00 pm

2nd Annual

Diabetes Health Fair

Sylvania YMCA/JCC

6465 Sylvania Ave.
Sylvania, OH 43560

Blood Pressure - Glucose Screening - Meet the Doctor - Ask the Nurse Practitioner

New Patient Scheduling - Information Packets - Snacks - Gifts

Receive a helping hand from Certified Diabetes Educators (CDEs)

CDE's are healthcare professionals who provide expert advice for better diabetes management and are certified by the National Certification Board for Diabetes Educators.

At these sessions you will learn about:

- *What diabetes is
- *The importance of checking blood sugar levels
- *A1C and how it affects blood sugar
- *Meal planning and exercise
- *Medical tests
- *Types of medication to help manage blood sugar

We offer FREE Diabetes Education Classes:

Endocrine Specialists, PC
3830 Woodley Rd. #A-2
Toledo, OH 43606
1st and 3rd Tuesday
of each month
5:30 PM

Ask any of our staff about Diabetes Education in the Monroe office

Hosted by:
Robin Cutcher, RN, CDE

Diabetes Care Center
5871 Monclova Rd.
Maumee, OH 43537
3rd Monday of each month
6:30 PM - 7:30 PM

Diabetes Support Groups

Living with Diabetes
Education and Support Group
474 N. Telegraph Rd.
Monroe, MI 48161
3rd Wednesday of each month
7:00 PM - 8:30 PM

Diabetes Support Group
3830 Woodley A-2 (Toledo office)
Toledo, OH 43606
4th Saturday of each month
10:00 AM - 11:00 AM
*first group May 21