Hypothyroidism

Hypothyroidism is a condition due to under activity of the thyroid gland.

CAUSES

Hypothyroidism may be due to thyroid surgery or disease.

SYMPTOMS

Symptoms are often vague. They may include:

- Fatigue.
- Mental dullness.
- Weakness.
- Hoarseness.
- Constipation.
- Swelling in the face, hands or feet.
- Dry skin.
- Hair loss.
- Sensitivity to cold.
- Menstrual problems.
- Patients with hypothyroidism are also more likely to have problems with infections.

DIAGNOSIS

The diagnosis is confirmed by lab tests for levels of thyroid hormones (TSH, T3, and T4). These tests are also used to monitor treatment.

TREATMENT

Treatment includes the gradual replacement of thyroid hormones. It is very important that you take your thyroid medicine as prescribed daily, even after you begin to feel better. You will probably require thyroid medicine for the rest of your life. To reduce constipation, eat a diet high in fruits and vegetables. Try to get some exercise every day. Please see your doctor for follow up care as recommended so your treatment can be adjusted as your condition improves.

SEEK IMMEDIATE MEDICAL CARE IF:

- You have chest pain, palpitations, shortness of breath, or any other serious symptoms.

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