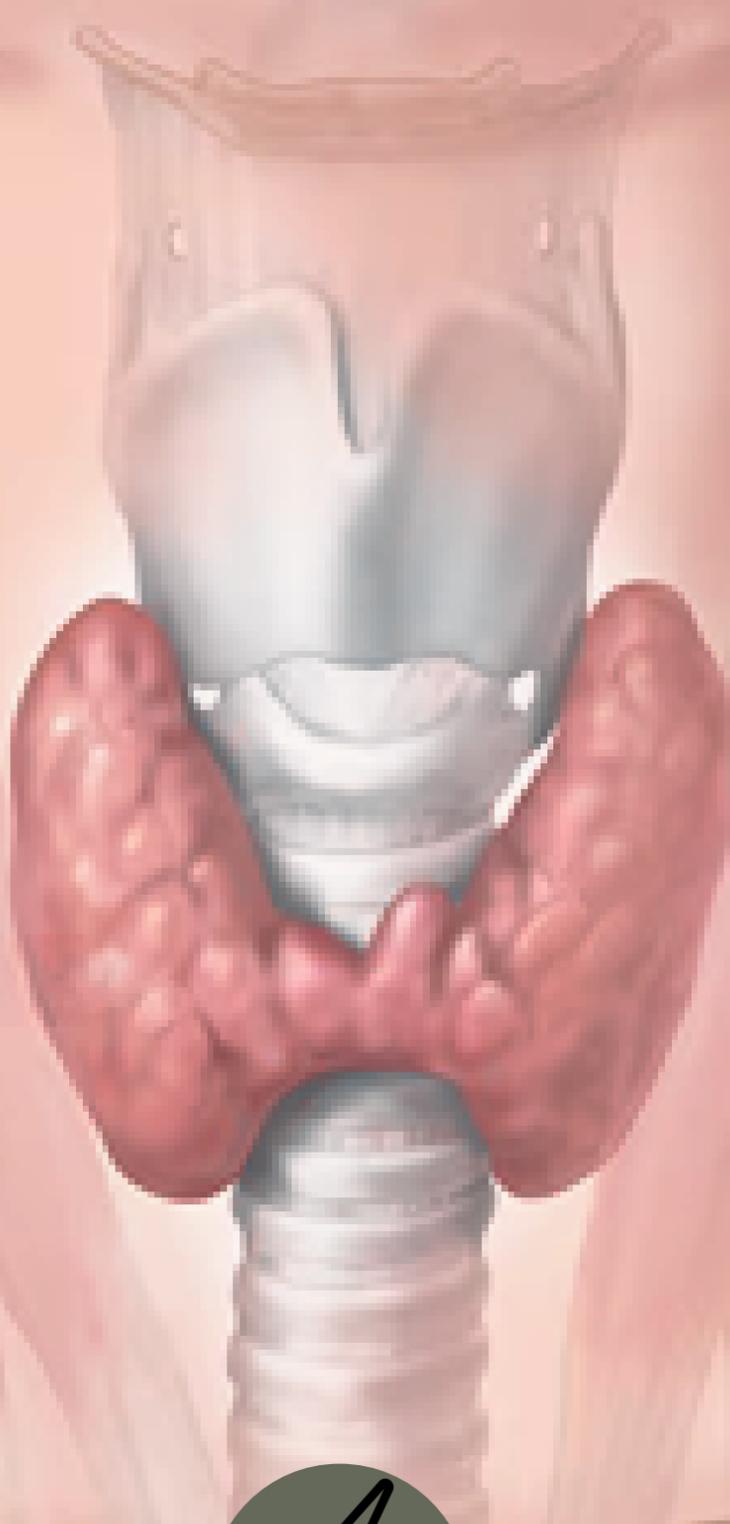


# Hypothyroidism



Thyroid gland is a butterfly shaped organ in the neck that produces hormone "Thyroxine".



Thyroid's main job is to control your metabolism - How your body uses energy



In hypothyroidism, this hormone production is decreased leading to many symptoms.

# Surprising Facts About THYROID DISORDER You Probably Didn't Know

DID YOU KNOW - that about **42 million Indians** suffer from thyroid diseases?



Hypothyroidism affects a large populace **One in every ten adults** in India suffers from Hypothyroidism



Women are **THREE TIMES** more likely to be affected by Hypothyroidism, especially those in the **46-54 age group**

2



Hypothyroidism affects mental health. It is one of the **Primary Causes of Depression**



It can lead to other health issues. If left **untreated**, thyroid disorders can lead to **heart disease, infertility, Alzheimer's, or even death.**

4



**Genetics Matter** - If you have a **family history** of thyroid problems, you are likely to be predisposed to the **disease.**





Women



Older People  
(age above 60  
years)

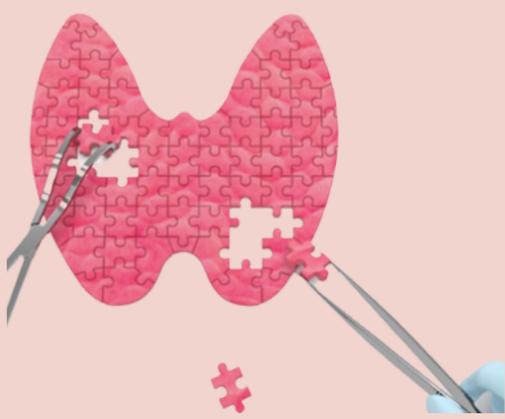


Presence of Goiter  
(swelling in the neck  
due to an enlarged  
thyroid gland)

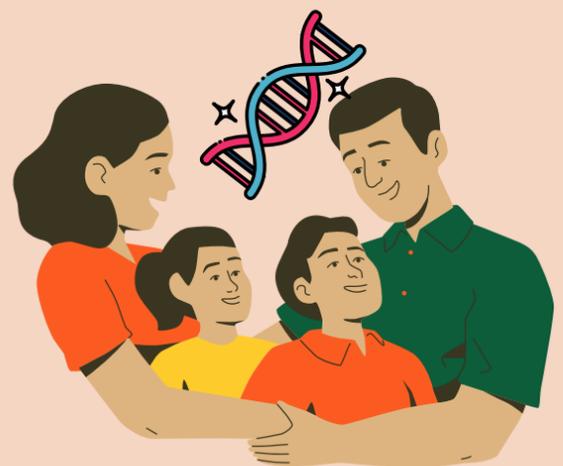


Pregnancy

## RISK FACTORS



Previous surgery or  
radioactive iodine to  
correct a thyroid  
problem



Family History of  
autoimmune  
diseases.

Having another  
autoimmune disorder, such  
as Type1 diabetes,  
rheumatoid arthritis,  
multiple sclerosis, celiac  
disease.



Taking certain  
medications can cause  
hypothyroidism.

# HYPOTHYROID SYMPTOMS



**WEIGHT GAIN**



**FATIGUE**



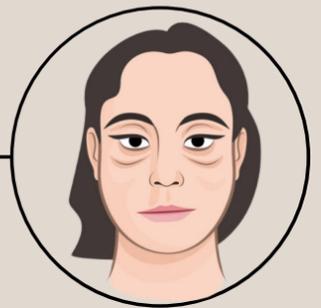
**INCREASED SENSITIVITY TO COLD**



**CONSTIPATION**



**DRY SKIN**



**PUFFY FACE**



**HOARSENESS**



**MUSCLE WEAKNESS**

**WEAK**



**MUSCLE ACHES**



**THINNING HAIR**



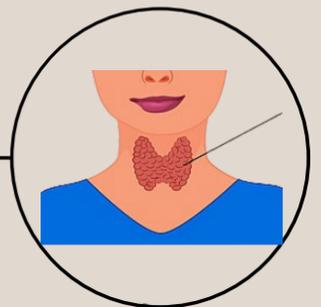
**SLOWED HEART RATE**



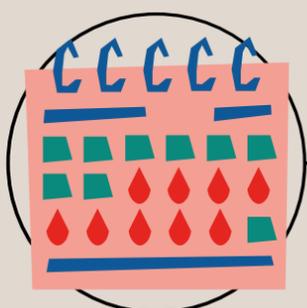
**DEPRESSION**



**IMPAIRED MEMORY**



**ENLARGED THYROID GLAND (GOITER)**

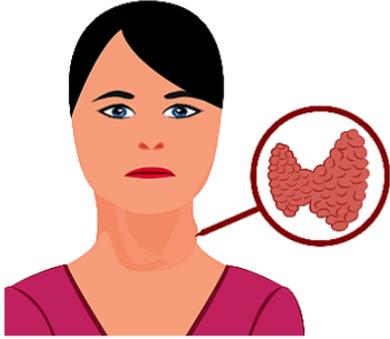


**IRREGULAR MENSTRUAL PERIODS**

# HYPOTHYROIDISM COMPLICATIONS

1

**MENTAL HEALTH  
ISSUES**

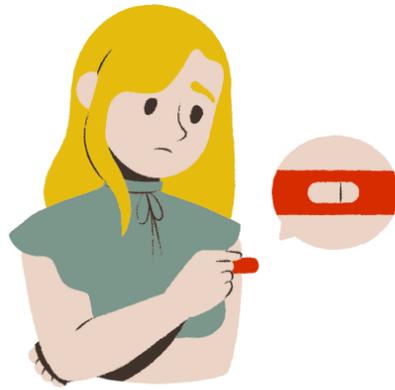


2

**GOITER**

3

**INFERTILITY**

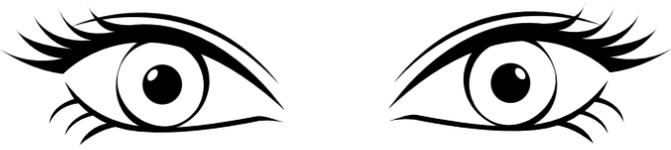
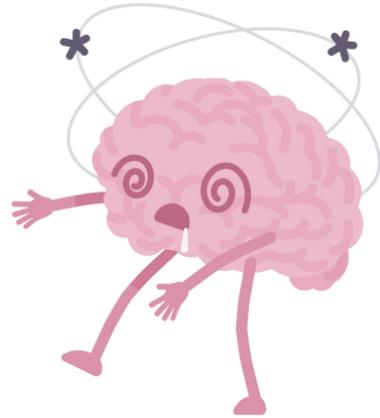


4

**JOINT PAIN**

5

**BALANCE PROBLEMS**



6

**MYXOEDEMA**

7

**HEART PROBLEMS**

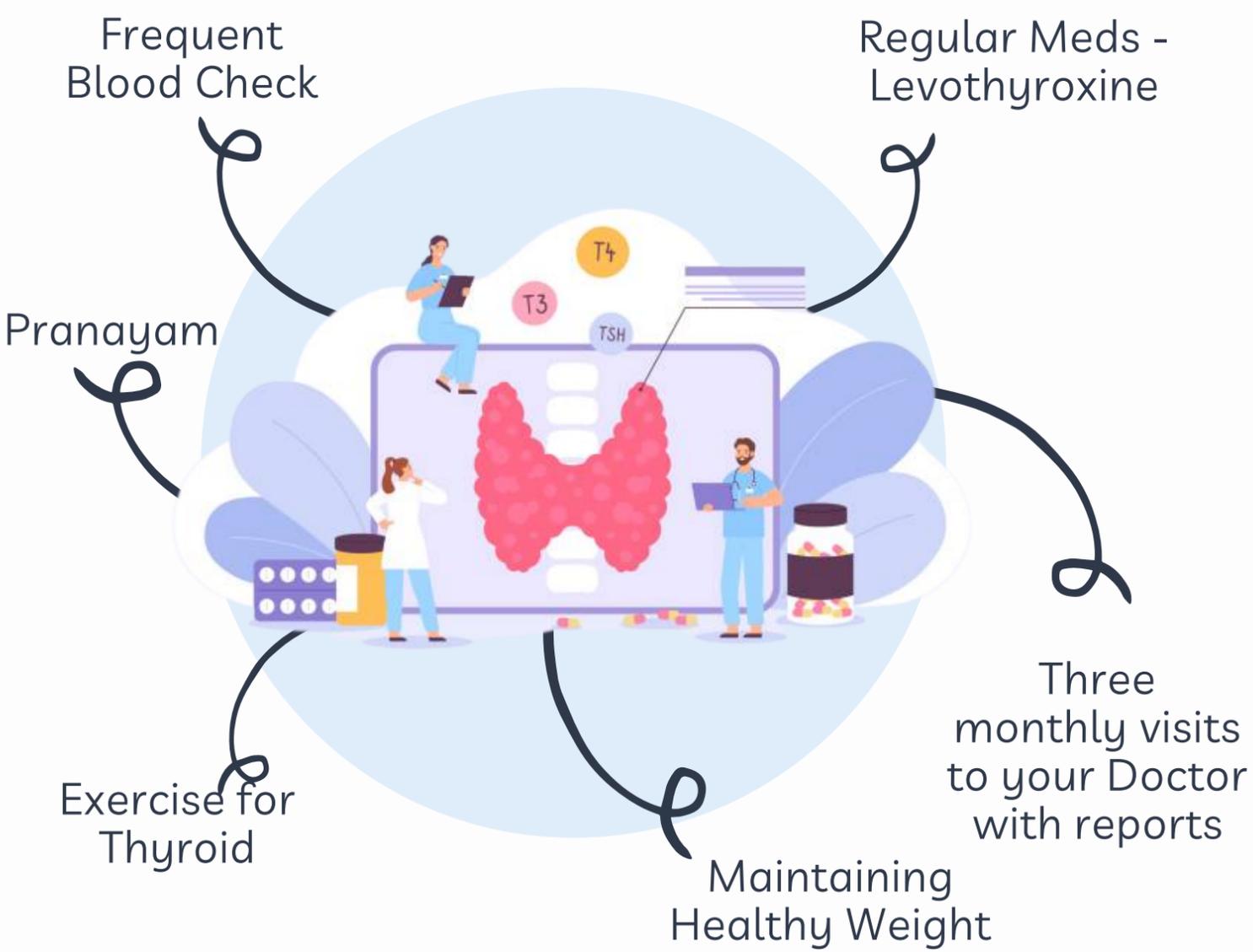


8

**OBESITY**

# TREATMENT FOR HYPOTHYROIDISM

## TREATMENT



## DIETARY CHANGES FOODS FOR THYROID

### GOOD

IODINIZED  
SALT



PROBIOTIC-  
RICH FOODS



LEMONS,  
WALNUTS,  
AND HONEY



VEGETABLES



KIDNEY  
BEANS +  
NUTS



### BAD

RAW  
CRUCIFEROUS  
VEGETABLES



FLUORIDATED  
WATER



CAFFEINE /  
ALCOHOL



SOY FOODS



CARBONATED SOFT  
DRINK AND FOODS  
CONTAINING SUGAR

