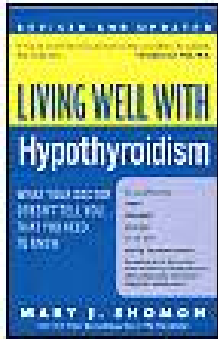


Thyroid Resources

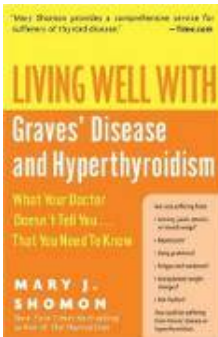


Living Well With Hypothyroidism: What Your Doctor Doesn't Tell You...That You Need to Know

By Mary J. Shomon

A best-selling patient guide since 2000, focuses on all aspects of life with an underactive or non-existent thyroid, and life after thyroid

cancer and radioactive iodine treatment.

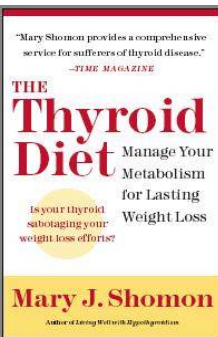


Living Well With Graves' Disease and Hyperthyroidism: What Your Doctor Doesn't Tell You...That You Need to Know

By Mary J. Shomon

Comprehensive help getting a proper diagnosis, and holistic and conventional approaches to treating an overactive

thyroid. Includes groundbreaking alternative approaches.

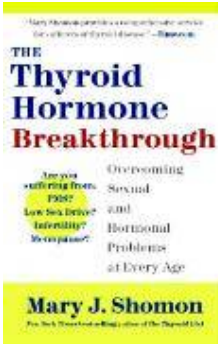


The Thyroid Diet: Manage Your Metabolism for Lasting Weight Loss

By Mary J. Shomon

New York Times bestseller dedicated to helping undiagnosed thyroid patients get the treatment they need to lose weight, and to help thyroid patients with the

difficult challenge of losing weight, despite a slowed metabolism.



The Thyroid Hormone Breakthrough: Overcoming Sexual and Hormonal Problems at Every Age Living Well With

By Mary J. Shomon

Help understanding, diagnosing and treating thyroid-related hormonal complications, including

infertility, low sex drive, menstrual problems, post-partum problems, menopausal symptoms.



Sticking Out Our Necks: The Thyroid Disease News Report

Edited by Mary J. Shomon

A bi-monthly, 12-page newsletter delivered focused on providing you with empowering health information. Each issue is packed with tips and news on how to cope with thyroid

conditions, live well, lose weight, beat depression and fatigue, and other thyroid-related symptoms.

Order online at <http://www.thyroid-info.com/subscribe.htm> or by phone, 888-810-9471

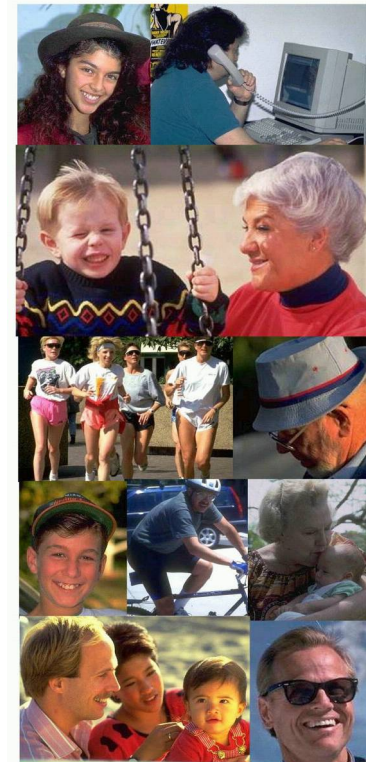
On the Web...

Thyroid-Info

<http://www.thyroid-info.com/>

Mary Shomon's in-depth articles, doctor interviews, and the searchable "Top Thyroid Doctors Directory" are all online at this award-winning site.

THYROID DISEASE



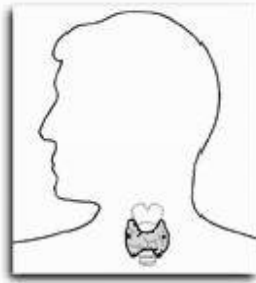
59 million people have it...
Most are undiagnosed!

Information and Resources to
Help You Live Well

from Mary J. Shomon
Thyroid Patient Advocate and Author

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P.O. Box 565, Kensington, MD 20895

Your thyroid is a small bowtie or butterfly-shaped gland, located in your neck, behind and below your Adam's Apple area. The thyroid produces hormones that are critical to your body's ability to produce and use energy.



Experts estimate that there may be as many as 59 million thyroid sufferers in the U.S. -- and most of them are undiagnosed. The majority of people with thyroid conditions have Hashimoto's disease, an autoimmune condition that causes hypothyroidism -- an underactive thyroid.

Women are seven times more likely than men to develop thyroid problems, with a one in five lifetime chance of developing a thyroid problem. For both men and women, the risk of thyroid disease increases with age.

The main conditions that can occur with your thyroid include:

Hypothyroidism - when your thyroid is underactive, and isn't producing sufficient thyroid hormone

Hyperthyroidism - when your thyroid is overactive, and is producing too much thyroid hormone

Goiter - when your thyroid becomes enlarged, due to hypothyroidism or hyperthyroidism

Nodules - when lumps - usually benign -- grow in your thyroid, sometimes causing it to become hypothyroid or hyperthyroid

Thyroid Cancer - when lumps or nodules in your thyroid are malignant. Thyroid cancer is the fastest growing cancer in the U.S. The incidence has increased 20 percent in the last five years, and experts believe it's due to increased radiation exposure.

Post-partum Thyroiditis - temporary inflammation of your thyroid, along with hypothyroidism or hyperthyroidism, triggered after pregnancy

Hypothyroidism Symptoms

- Extremely exhausted and fatigued
- Depressed, moody, sad
- Sensitive to cold, cold hands and/or feet
- Experiencing inappropriate weight gain, or having difficulty losing weight, despite changes in diet and exercise
- Hair is dry, tangled and/or coarse
- Losing hair, maybe even from the outer part of the eyebrows
- Dry and/or brittle nails
- Muscle and joint pains and aches
- Carpal tunnel syndrome, or tendonitis in arms and legs
- Soles of the feet are painful
- Puffy face, eyes, arms or legs
- Abnormally low sex drive
- Unexplained infertility, or recurrent miscarriages
- Heavier, longer or more frequent periods
- Thinking is "fuzzy," you have difficulty concentrating, difficulty remembering
- Constipated
- Full or sensitive feeling in the neck
- Voice is raspy, hoarse
- Periodic heart palpitations
- Cholesterol levels are high, and may not even respond to diet/drugs
- Allergies have gotten worse, itching, prickly skin, rashes, and hives
- Infections, including yeast infections, oral fungus, thrush, or sinus infections
- Shortness of breath, sometimes a difficulty drawing a full breath
- Sensitive to cold, cold hands and feet
- Inappropriately gaining weight, or having difficulty losing weight

Hyperthyroidism Symptoms

Hyperthyroidism is a condition that has a number of known causes:

- Enlarged thyroid
- Rapidly weight loss, eating more and not gaining weight
- Having a hard time falling asleep
- Anxiety, irritability, panic attacks
- Difficulty concentrating

- Palpitations, rapid pulse high blood pressure
- Sweating more than usual, feeling hot when others are not
- Tremors in your hands
- Diarrhea
- Fatigue, exhaustion
- Dry skin, thickening of skin on legs/shin
- Periods have stopped, or are lighter
- Muscle pain and weakness, especially in the upper arms and thighs
- Eye problems, such as double vision, scratchy eyes, bulging
- Trouble getting pregnant
- Fine and brittle hair
- Erratic behavior

Other Thyroid Symptoms

- Neck looks or feels swollen, tender to touch
- Tight feeling in the throat
- Frequent coughing, hoarse voice
- Difficulty swallowing
- Difficulty breathing, shortness of breath
- Feeling that food is stuck in your throat
- Tremors

Diagnosis

Thyroid disease is typically diagnosed by your practitioner using blood tests -- most commonly, the Thyroid Stimulating Hormone (TSH) test -- ultrasound, x-rays, and in some cases other diagnostic imaging. If you want to, as a preliminary step, do a home thyroid test, you can order a test kit from Biosafe at: 1-800-768-8446, extension 123

Treatment

Hypothyroidism is treated with thyroid hormone replacement drugs. Hyperthyroidism is typically treated with drugs, radioactive iodine treatment to disable the thyroid, or surgery. Nodules and goiter are usually treated with drugs, or occasionally surgery. And thyroid cancer is usually treated with surgery, following by radioactive iodine treatment.