

- Health / Medical Awareness (Thyroid Gland)

RESPECT THY NECK

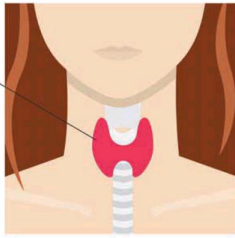
How to keep your thyroid healthy

So small yet so powerful. That is the thyroid gland—a butterfly-shaped gland, weighing approximately one ounce, located just in front of the neck. It is easily overlooked due to its size but when it malfunctions, the conse-

quences are so grave there's no way to stop it from showing signs and symptoms that range from weight problems despite diet and exercise, bulging eyeballs, digestive problems, sensitivity to temperature, and even depression.

THYROID GLAND INFOGRAPHIC

THE THYROID GLAND IS A BUTTERFLY-SHAPED ORGAN LOCATED IN THE BASE OF YOUR NECK



THYROID GLAND TAKES IODINE, AND CONVERT IT INTO:
• thyroxine (T4)
• triiodothyronine (T3)



HEALTHY EVER AFTER
CHESHIRE QUE, RND, RN, RD

How Your Thyroid Works

The thyroid gland is controlled by another peanut-sized gland situated at the base of the brain—the pituitary gland. It produces TSH or Thyroid Stimulating Hormone, which signals the thyroid gland when to produce or stop producing the hormones T3 (Triiodothyronine) and T4 (Thyroxine). These two hormones are formed by combining an amino acid tyrosine (abundant in protein food like fish, chicken, pork, beef, and dairy products) and iodine, an element found in seaweed, fish, and dairy products. T3 and T4 are released into the bloodstream to be transported all over the body to control energy metabolism. If there is an excess or decreased production of thyroid hormones, the metabolism goes haywire and weight problems occur.

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How to Keep Your Thyroid Healthy

Manage your stress because it can aggravate any thyroid condition. When the body is stressed out, it produces a stress hormone called cortisol. This inhibits the thyroid gland to produce thyroid hormones efficiently.

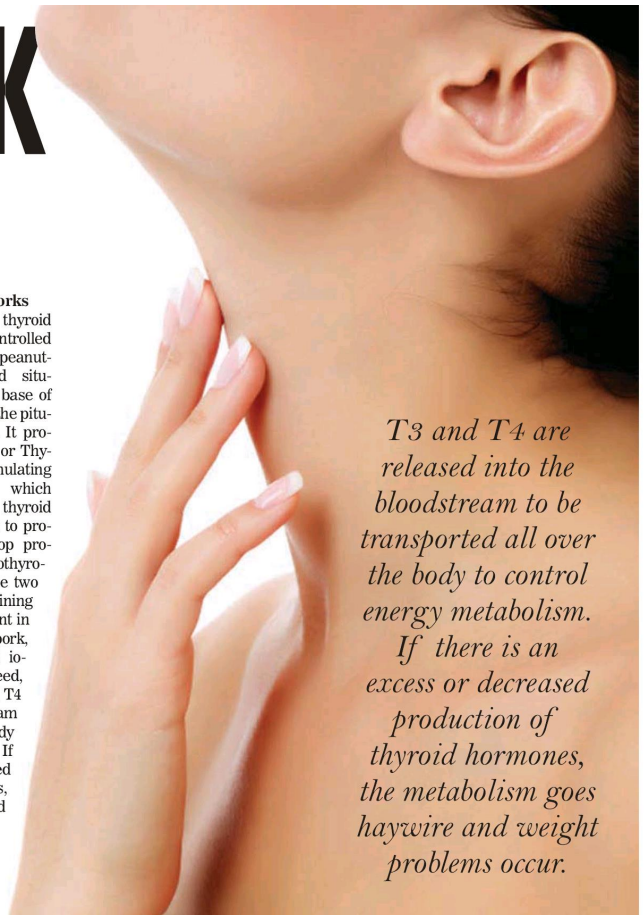
Stress may not be completely avoided but there are ways to manage it. Determine the causes of your stress. List them down and categorize which ones can be avoided and which ones need to be dealt with. Obviously, the ones that can be avoided are no longer considered your problems. Simply let go. As for the ones that you need to face, reflect on your list and prioritize. Accomplish tasks one by one. If it's an emotional issue, learn new ways to cope. Set aside some time for you to rest and recover.

Your mind and body need to calm down to prevent your immune system from attacking healthy cells. This occurs in some autoimmune thyroid conditions.

Avoid first, second, and third hand smoking. Don't smoke at all. Avoid being with people who smoke. Avoid places that smell of tobacco in the absence of smokers. Clinical studies have shown that smoking tobacco has a significant impact on thyroid autoimmunity, Grave's hyperthyroidism, and even Grave's ophthalmopathy.

Grave's disease is characterized by an overproduction of thyroid hormones (hyperthyroidism). It is an immune disorder. Symptoms include anxiety, fine

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THE THYROID'S HORMONES REGULATE VITAL BODY FUNCTIONS, INCLUDING:



HEART RATE



BODY TEMPERATURE



MUSCLE STRENGTH



CHOLESTEROL LEVELS



MENSTRUAL CYCLES



NERVOUS SYSTEMS

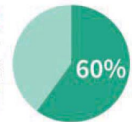


BODY WEIGHT



BREATHING

?????????????
UP TO 60 PERCENT
OF THOSE WITH THYROID DISEASE
ARE UNAWARE OF THEIR CONDITION
?????????????



WOMEN ARE 10 TIMES MORE LIKELY TO HAVE A THYROID IMBALANCE THAN MEN



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