

What are the symptoms of thyroid diseases?

Hypothyroidism

- Fatigue
- Weight gain
- Constipation
- Depression
- Irregular periods
- Poor concentration
- Lethargy
- Cold hands and feet
- Cold intolerance
- Hair loss
- Dry skin
- Weakness
- Slow heart rate
- Thyroid enlargement
- Facial edema

Hyperthyroidism

- Rapid weight loss
- Eating more and not gaining weight
- Sweating more than usual
- Heat intolerance
- Palpitations
- Tremor
- Anxiety and panic attacks
- Insomnia
- Fast heart rate and high blood pressure
- Fatigue exhaustion
- Enlarged thyroid gland

Thyroid Cancer

- Hoarseness
- Problems swallowing
- Rapid neck enlargement
- Problems breathing
- Swollen lymph nodes of the neck

How are thyroid diseases diagnosed?

Thyroid diseases are typically diagnosed by medical practitioners (MD, ND, DO, NP, PA) and involve testing TSH, Free T4, Free T3, and thyroid antibodies. If further information is needed imaging (ultrasound, CT, thyroid scan/uptake) and biopsy are performed.

What are the conventional treatments for thyroid diseases?

Hypothyroid is treated with thyroid hormone replacement drugs. Hyperthyroid is typically treated with anti-thyroid hormone drugs, radioactive iodine and surgery. Thyroid cancer is usually treated with surgery followed by radioactive iodine treatment and thyroid hormone replacement.

What natural treatment options do I have to help support a healthy thyroid function?

Contact a licensed naturopathic doctor in your area to discuss the best treatment options for you.

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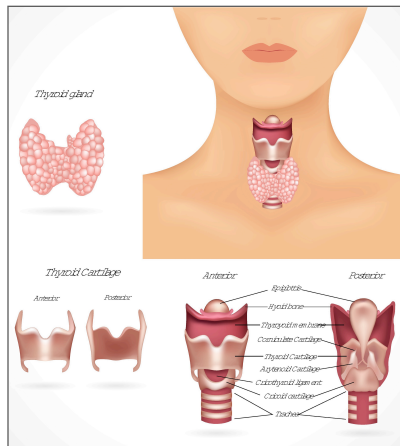
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Thyroid Diseases



An estimated 20 million Americans have some form of thyroid disease. Up to 60 percent of these people are unaware of their condition. One in eight women will develop a thyroid disorder during her lifetime.

The thyroid gland is an endocrine gland that is located in the front part of the lower neck below the larynx (voice box). The thyroid secretes hormones (T3 and T4) that are vital for metabolism and growth. The thyroid gland also contributes to calcium balance in the body by secreting the hormone calcitonin.



What are the different diseases of the thyroid gland?

1. **Hypothyroidism** is an underproduction of thyroid hormones, which leads to decreased metabolism.

Causes of Hypothyroid include:

- **Hashimoto's thyroiditis:** an autoimmune disorder against

thyroid tissue. The tissue eventually degenerates and stops producing hormones.

- **Removal of the thyroid gland:** The thyroid may have been surgically removed or chemically destroyed.
- **Excessive iodine intake:** Too much iodine inhibits thyroid hormone production.
- **Inadequate intake of iodine:** T4 is made when the thyroid gland adds iodine to the amino acid tyrosine; if the diet is deficient in iodine, the body cannot manufacture T4.
- **Deficiency in nutrient cofactors** necessary for T4 and T3 production
- **Stress:** Chronic stress decreases the production of the active thyroid hormone T3.
- **Pharmaceutical Drugs:** Many drugs contain iodine or have properties that disrupt thyroid function, although the effects are almost always reversible when the drugs are stopped.
- **X-rays:** Ionizing radiation from medical and dental X-rays, particularly those received in childhood, can adversely affect thyroid function.

2. **Hyperthyroidism** by contrast stems from an overproduction of thyroid hormones (T3 and T4) that increases the body's metabolism.

Causes of Hyperthyroid include:

- **Graves's Disease:** An autoimmune condition that causes excessive production of thyroid hormones due to antibodies against TSH receptors.
 - **Sub-acute thyroiditis:** is a self-limited inflammatory thyroid condition associated with a triphasic clinical course of hyperthyroidism, hypothyroidism, and return to normal thyroid function. The thyroid is generally painful to touch and normally occurs after an upper respiratory viral infection.
 - **Toxic adenomas:** Nodules develop in the thyroid gland and begin to secrete thyroid hormones that causes hyperthyroid symptoms.
3. **Thyroid Cancer** is a malignant mass originating from the follicular or parafollicular thyroid cells. It is the fastest growing cancer in developing countries. The incidence has increased by 20% in the last five years and experts believe it may be due to increased radiation exposure.