Hypothyroidism: Are You Affected?

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Abstract

My thesis statement is that Hypothyroidism, also known as Hashimoto’s disease, is the cause of many complications through life mainly found in women, such as autoimmune diseases, heart problems, and mental health issues. Many people who have hypothyroidism have obvious symptoms such as rapid weight gain, thinning hair, and depression so getting treated for the disease is crucial. Some key resources used are “Hypothyroidism (underactive thyroid)” by Mayo Clinic Staff, and “Hypothyroidism (Underactive)” by American Thyroid Association. There are three main points of this essay: Symptoms of Hypothyroidism, Causes of Hypothyroidism, and Treatments of Hypothyroidism. This disease can be deadly if not properly treated.

Keywords: Hypothyroidism, women, disease, crucial

Hypothyroidism: Are You Affected?

Many people do not realize how crucial the Thyroid is to the Human Body. The Thyroid is best described as the butterfly-shaped organ located at the bottom of your neck. The Thyroid Gland helps regulate metabolism, also known as the main home for energy. There are two major types of Thyroid diseases, known as Hypothyroidism, and Hyperthyroidism. Hypothyroidism is when the thyroid gland produces too little of hormones for the human body. Symptoms of Hypothyroidism are trouble sleeping, dry skin and hair, depression, and for women, heavy periods. Hyperthyroidism is when the thyroid gland produces too much hormones for the human body. Symptoms can include anxiety, moodiness, hair loss, and for women, light periods. Many people have these diseases and do not know.

**Symptoms of Hypothyroidism**

Many people do not know that they have issues with their Thyroid. They just think they are sleepy for no reason, or that they are gaining weight for an unknown reason. If caught early, Hypothyroidism can easily be cured. Early signs are hard to notice until they progress and become worse. Early symptoms of Hypothyroidism are being forgetful, depressed, and always being cold. If a family member has the disease it is likely that the rest of the family has it. Mayo Clinic stated in their article “Hypothyroidism (underactive thyroid),” that “At first, you may barely notice the symptoms of hypothyroidism, such as fatigue and weight gain, or you may simply attribute them to getting older.” This is why it is crucial to get blood work done. If it is caught early enough it is easy to manage, but if caught late, it could have already progressed into cancer.

**Causes of Hypothyroidism**

Hypothyroidism is can be caused by many different health factors. If a person has a previous autoimmune disease, the antibodies affect the thyroid’s ability to make hormones for the human body. If a person previously had Hyperthyroidism and had proper treatments, this can lead to Hyperthyroidism. The doctors normalize the Thyroid gland and often causes the Thyroid to permanently be under-active. If a person has ever had cancer, Hypothyroidism becomes more common. Mayo Clinic stated that “Radiation used to treat cancers of the head and neck can affect your thyroid gland,” because the radiation neutralizes fast growing antibodies, similarly fund in the thyroid. Hypothyroidism is a serious, if the causes of this disease are unnoticed it can lead to major health problems.

**Treatments for Hypothyroidism**

Hypothyroidism is an incurable disease but can be managed. If found early enough and properly treated, it may seem like the disease is non-existent. If the disease is progressed, there are pharmaceutical or holistic ways to treat the Thyroid. There is a medication called Cymotel that is very popular for patients to take. There are many complications that can come with taking it though. American Thyroid Association stated in their article “Hypothyroidism,” that “If you take too little, your hypothyroidism will continue. If you take too much, you’ll develop the symptoms of hyperthyroidism—an overactive thyroid gland.” Changing levels of medicine can cause take a toll on the liver. This is why there is also a holistic way to treat Hypothyroidism. A nutritionist can prescribe the supplement. Tap-150 is a natural supplement for curing Hypothyroidism. There is no limit of how much you can take a day. It is more convenient for the typical human. If a day is missed, it will not affect the person greatly. It is great having two different routes of treating Hypothyroidism.

In conclusion, Hypothyroidism is a disease where the Thyroid gland cannot produce enough hormones for the body. This results in deficiencies throughout the body that can turn into other deadly sicknesses. Hypothyroidism can be treated, but not cured.

Reference:

American Thyroid Association. (no date on webpage). “Hypothyroidism (Underactive).” Retrieved February 20, 2018 from <https://www.thyroid.org/hypothyroidism/>

Mayo Clinic. (2015). Hypothyroidism. Rochester, Minn.: Mayo Foundation for Medical Education and Research. Retrieved on February 20, 2018 from <https://www.mayoclinic.org/diseases-conditions/hypothyroidism/symptoms-causes/syc-20350284>