

# Hyperthyroidism

## What is hyperthyroidism?

Hyperthyroidism is a condition that develops when thyroid hormone levels are high. Thyroid hormones help control body temperature, heart rate, growth, and weight.

## Risk factors

- Autoimmune disease, such as Graves disease or Plummer disease
- Certain medicines, such as lithium, amiodarone, or aspirin
- Viral infection
- Thyroid inflammation or thyroid cancer
- High iodine levels

## Signs and symptoms

- Weight loss, increased appetite, diarrhoea, or constipation
- Increased sweating and heat intolerance
- Nervousness, restlessness, tremors, and difficulty sleeping
- Fast heart rate and fast breathing, even at rest
- Painful lump in neck or bulging eyes
- Fatigue and muscle weakness
- Decreased or absent monthly periods

## Diagnosis

- Thyroid-stimulating hormone (TSH)
- Thyroid hormones themselves (T3, T4) will be increased.
- Iodine thyroid scan

## Treatment

- Antithyroid medicines decrease thyroid hormone levels and symptoms.
- Radioactive iodine is given to damage or kill some thyroid gland cells. This may decrease the amount of thyroid hormone produced.
- Surgery may be done to remove all or part of the thyroid gland.

## Clinical teaching:

- Advise patient to report signs/symptoms of hepatotoxicity, aplastic anemia, or infection (fever, headache, malaise, skin eruptions, sore throat).
- Drug may mask symptoms of hypoglycaemia. Advise diabetic patients to carefully follow blood sugar levels.
- Inform doctor if lady is pregnant before going for radio active iodine

Reference: Micromedex's Care Notes System Online 2.0

