

Hypothyroidism

What is hypothyroidism?

Hypothyroidism is a condition that develops when the thyroid gland does not make enough thyroid hormone. Thyroid hormones help control body temperature, heart rate, growth, and weight.

Risk factors

- Autoimmune disease, such as inflammation of thyroid, or Hashimoto disease
- Surgery, radiation therapy, or medicines such as lithium, sedatives, or narcotics
- Thyroid cancer or viral infection
- Low iodine levels

Signs and symptoms

- Exhaustion
- Sensitivity to cold
- Headaches or decreased concentration
- Muscle aches or weakness
- Constipation
- Dry, flaky skin or brittle nails
- Thinning hair
- Heavy or irregular monthly periods
- Depression or irritability

Diagnosis

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

Treatment

- Treatment is aimed at replacing the thyroid hormone which is lacking.
- Standard treatment for hypothyroidism involves daily use of the synthetic thyroid hormone levothyroxine. This oral medication restores adequate hormone levels, reversing the signs and symptoms of hypothyroidism.



Thyroid supplements to make up for deficient hormones.

Routine testing to check the level of thyroid hormones in the bloodstream.

Clinical teaching

- Consult if lady is pregnant or breastfeeding, or if having blood clotting problems, diabetes, heart or blood vessel disease (such as coronary artery disease), heart rhythm problems, angina, osteoporosis, pernicious anemia, pituitary gland problems, or adrenal gland problems.
- This medicine could cause bone loss, which could lead to osteoporosis.
- If patient have diabetes, monitor blood or urine sugar levels as directed by doctor.

Reference : Micromedex online solution .2.0.