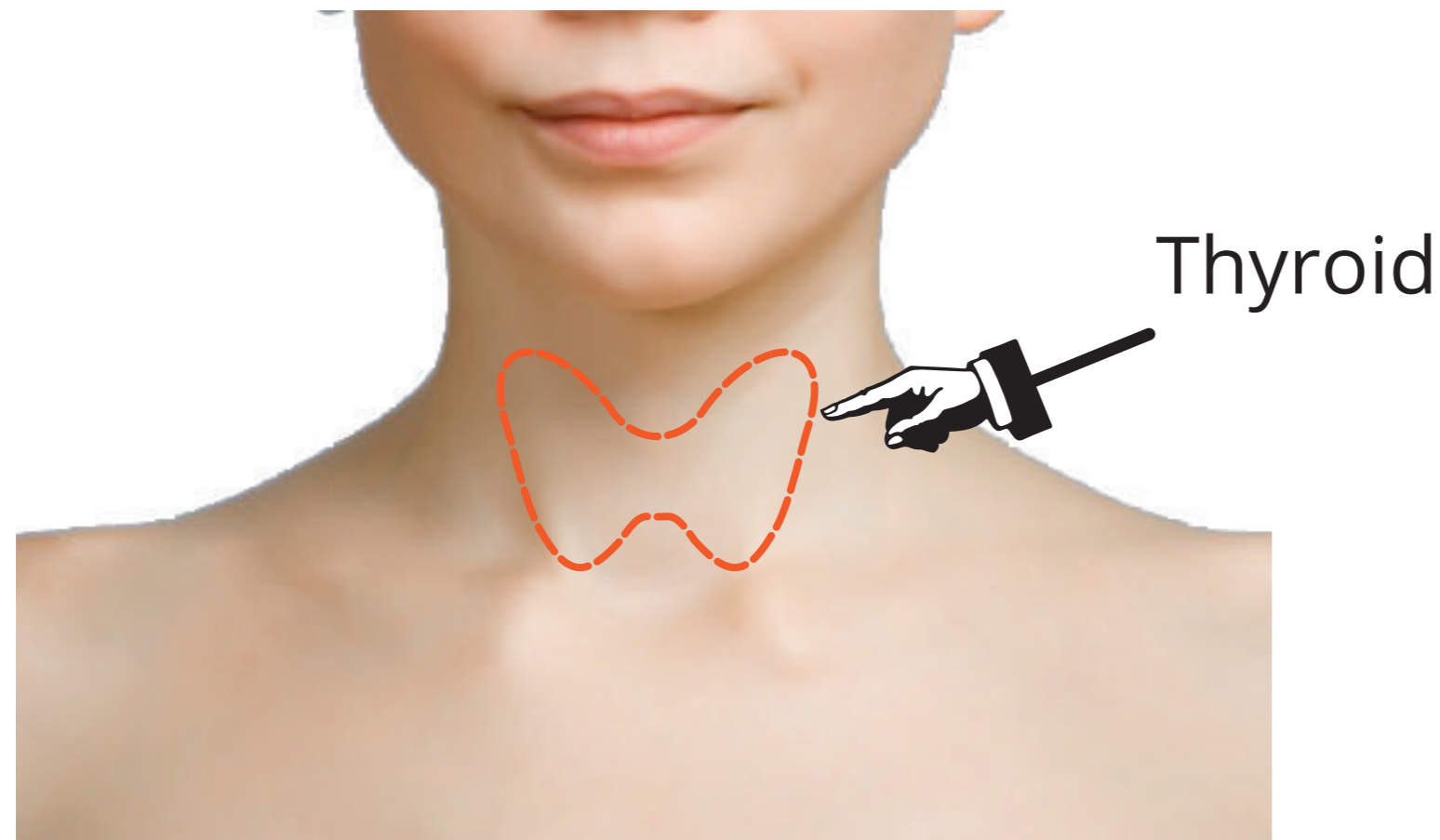


Your Thyroid Gland

A little bit about your Thyroid

Your thyroid is located in your throat, just under your voice box and in front of your windpipe.



What it does

Your Thyroid makes hormones. The main hormone is called T4.

The T4 hormone helps the growth of muscle and bone and speeds up your metabolism.

- i** Your Thyroid Produces T4 which increases:
- Metabolism
 - Energy levels

Hyperthyroidism and Hypothyroidism

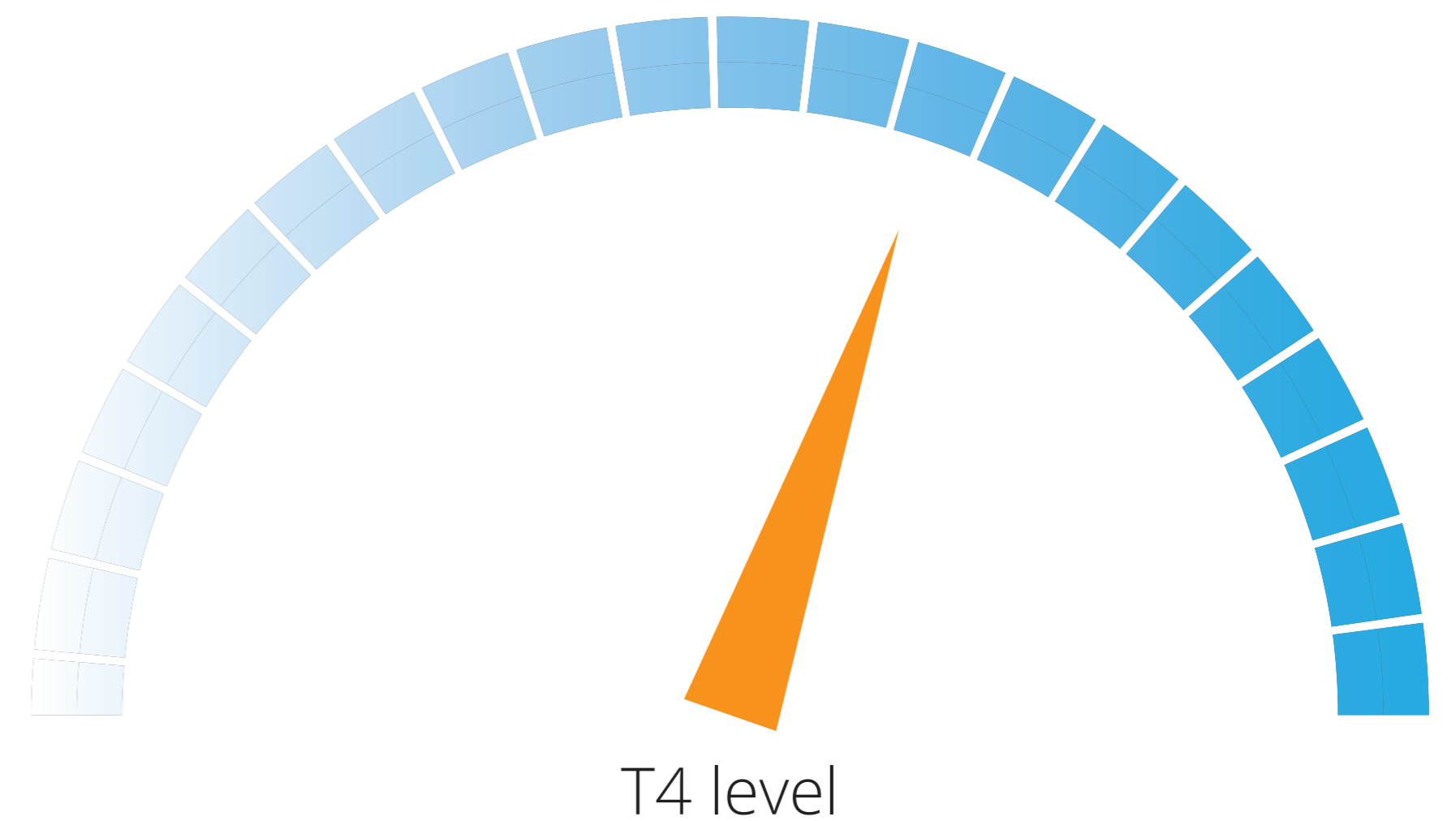
To check the health of your thyroid, your doctor will offer to organize a blood test. They will check the levels of TSH as well as T4. These levels help indicate if you might have an over or underactive thyroid.

- When TSH is **HIGH** it means your thyroid is **UNDER**active (**HYPO**thyroidism)
- When the TSH is **LOW** it means your thyroid is **OVER**active (**HYPER**thyroidism)

If your thyroid isn't making enough T4 it is called **HYPO**thyroidism.

If it is making too much T4, it is called **HYPER**thyroidism.

i Possible Symptoms of an Over or Underactive Thyroid



HYPO
Thyroidism
(Low or underactive)
HIGH TSH

HYPER
Thyroidism
(High or overactive)
LOW TSH

What you might notice

- Weight gain
- Tiredness
- Hair loss
- Irregular periods
- Feeling cold
- Depression

- Weight loss
- Anxiousness
- Nervousness
- Irritability
- Increased sweating
- Hand Tremors
- Difficulty concentrating

If you are worried about your Thyroid

If you are worried that you might be experiencing any of the symptoms mentioned above please speak to one of the doctors.

Usually we can tell the health of your thyroid from a simple blood test which will check for T4 and TSH. Sometimes you may need a further scan of your thyroid, but this is not always the case.

- i** Your Doctor can check the health of your thyroid with a simple blood test