

THYROID GLAND

Thyroid Gland is one of the endocrine glands that control key functions of your body. The thyroid gland makes two types of hormone-thyroxine and triiodothyronine, which regulates the rate at which your body carries on its necessary functions. This is called your metabolism. The thyroid gland is located in the middle of the lower neck, below the larynx (voice box) and above clavicles (collarbones). It has two sides and is shaped like a butterfly. The thyroid gland is controlled by the pituitary gland, which located in your brain. If there is not enough thyroid hormone in the bloodstream, the metabolism of your body slows down. This is called hypothyroidism (underactive thyroid). If there is too much thyroid hormone, your metabolism speeds up. This is called hyperthyroidism (overactive thyroid).

Thyroid hormone balance in the brain is crucial for maintaining physical and mental health. Thyroid imbalance not only affects your weight, but also your mood, emotions, behavior, sex life, menstrual problems, depression, and anxiety disorders.

Hypothyroidism occurs when the thyroid gland is not working hard enough. The most common cause of hypothyroidism is an inflammation of the thyroid gland. It also can result from a diet that does not have enough iodine. Common symptoms of hypothyroidism:

- Fatigue or weakness
- Weight gain
- Decreased appetite
- Constipation
- Muscle aches
- Feeling cold when others do not.

In most cases, hypothyroidism can be treated with medication that contains thyroid hormone.

Hyperthyroidism occurs when the thyroid gland is making too much thyroid hormone which causes your metabolism to speed up. The most common cause of hyperthyroidism is a disorder known as Graves' disease. Common symptoms of hyperthyroidism:

- Fatigue
- Weight loss
- Nervousness
- Rapid heart beat
- Increase sweating

- Feeling hot when others do not
- Tremors

Hyperthyroidism can be treated mostly by medical means, but sometimes it may require the surgical removal of the thyroid gland. Patients who have thyroid surgery may be required to take thyroid medication to replace thyroid hormones after surgery.