

# HOW TO TAKE THE THYROID “NECK CHECK™”

## Five Easy Steps That Could Save Your Life

All you will need is

- A.** a glass of water
- B.** a handheld mirror

**1.** Hold the mirror in your hand, focusing on the area of your neck just below the Adam’s apple and immediately above the collarbone. Your thyroid gland is located in this area of your neck.



**2.** While focusing on this area in the mirror, tip your head back.

**3.** Take a drink of water and swallow.



**4.** As you swallow, look at your neck. Check for any bulges or protrusions in this area when you swallow. Reminder: don’t confuse the Adam’s apple with the thyroid gland. The thyroid gland is located further down on your neck, closer to the collarbone. You may want to repeat this process several times.

**5.** If you do see any bulges or protrusions in this area, see your physician. You may have an enlarged thyroid gland or a thyroid nodule and should be checked to determine whether cancer is present or if treatment for thyroid disease is needed.

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