

TEST YOUR THYROID IQ

Which of these statements are true – and which are false? It's important to your health to know the difference.



TRUE OR FALSE: More people are treated for thyroid disease than diabetes or heart disease.

TRUE: Actually, more people are treated for thyroid disease than diabetes or heart disease. An estimated 27 million Americans have thyroid disease, yet half remain undiagnosed.

TRUE OR FALSE: Men are more likely than women to suffer from thyroid disease.

FALSE: More than 8 out of 10 patients with thyroid disease are women, and women are 5 times more likely than men to suffer from hypothyroidism.

TRUE OR FALSE: Over- or under-treating a thyroid condition is not important, as long as the condition is being treated.

FALSE: Too little or too much thyroid medicine can have a dramatic impact on health, affecting your heart, cholesterol levels, and other vital body functions.

TRUE OR FALSE: Even slight variations in thyroid medicines can significantly affect your health.

TRUE: If you've been diagnosed, keeping your thyroid in balance requires very precise dosing – thyroid medicines are measured in units of 1 one-millionth of a gram!

TRUE OR FALSE: I can switch brands of thyroid medicines without my doctor's advice.

FALSE: Thyroid medicines are not interchangeable, and people with thyroid disease are sensitive to small changes in TSH levels. These changes potentially can occur when medicines are switched. If you switch medicines, talk to your doctor about getting a new TSH test to make sure your thyroid stays in balance.

TRUE OR FALSE: If you discover you are pregnant, you should stop taking your thyroid medicine.

FALSE: Untreated hypothyroidism increases the risk of complications during pregnancy and may affect fetal development. Patients who become pregnant should consult their doctors about their thyroid therapy.



American Association of Clinical Endocrinologists

Partner with your doctor to take control of your thyroid health.

And visit www.aace.com and www.powerofprevention.com

for a wealth of information about thyroid disease.

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