

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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Medicines that May Impact Your Thyroid Therapy

Talk with your doctor about any medicines or vitamins you are currently taking. Your doctor may ask you to take your thyroid medicine at different times of the day, separately from some medicines, to ensure you receive effective thyroid therapy.

Some medicines that could impact the effectiveness of thyroid medicines include

Nutritional Supplements

Calcium Carbonate
Ferrous Sulfate (Iron)

GI Therapies

Antacids
Sucralfate
Cation Exchange Resins

Cardiovascular Therapies

Amiodarone (Cordarone®)
Furosemide (Lasix®)
Heparin
Oral Anticoagulants (Coumadin®)

Neurologic/Psychiatric (CNS) Therapies

Antidepressants
Hydantoins (Dilantin®)
Ketamine
Methadone
Reuptake Inhibitors

Hormonal Therapies

Androgens/Anabolic Steroids
Estrogen-Containing Oral Contraceptives
Estrogens
Growth Hormones

Cholesterol Therapies

Bile Acid Sequestrants
Clofibrate

Cancer Therapies

5-Fluorouracil
Mitotane
Asparaginase
Tamoxifen

General or Other Therapies

Antidiabetic Agents (such as insulin)
Anti-inflammatory Drugs
Glucocorticoids
Hydroxides
Radiographic Agents (such as contrast agents)
Slow-Release Nicotinic Acid (agent for smoking cessation)
Salicylates

Talk to your doctor about any medicines you may be taking to ensure optimal thyroid therapy.

References: Braverman LE, Utiger RD, eds. *Werner & Ingbar's The Thyroid*. New York, NY: Lippincott Williams & Wilkins;2000.

Physician's Desk Reference. Montvale, NJ: Medical Economics Company, Inc.;2002.

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