

A Healthy Thyroid

*YOU make
the difference*



FACTS ABOUT THYROID DISEASE

WHO HAS THYROID DISEASE?

- 27 million Americans have overactive or underactive thyroid glands, but more than half remain undiagnosedⁱ.
- More than 8 out of 10 patients with thyroid disease are womenⁱⁱ.
- Women are 5 to 8 times more likely than men to suffer from hypothyroidism (underactive thyroid)ⁱⁱⁱ.
- Fifteen to 20 percent of people with diabetes and their siblings or parents are likely to develop thyroid disease (compared to 4.5 percent of the general population)^{iv}.

THE THYROID GLAND

- The thyroid gland is the small, butterfly-shaped gland found just below the Adam's apple^v.
- The thyroid gland produces hormones that influence essentially every organ, tissue and cell in the body⁷. In short, if the thyroid doesn't work properly, neither do you.
- If left untreated, thyroid disease can cause elevated cholesterol levels and subsequent heart disease, infertility, muscle weakness, osteoporosis and, in extreme cases, coma or death^{vi}.

HYPOTHYROIDISM & PREGNANCY

- Nearly 1 out of 50 women in the U.S. is diagnosed with hypothyroidism during pregnancy^{vii}.
- Six out of every 100 miscarriages are associated with thyroid hormone deficiency during pregnancy^{viii}.
- Five to 18 percent of women are diagnosed with postpartum thyroiditis^{ix}.
- Approximately 25 percent of women will develop permanent hypothyroidism^x.

HYPOTHYROIDISM & AGING

- Incidence of hypothyroidism (underactive thyroid) increases with age^{xi}.
- By age 60, as many as 17 percent of women and 9 percent of men have an underactive thyroid^{xii}.

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COMMON SYMPTOMS OF HYPOTHYROIDISM^{xiii}

Fatigue	Mood swings
Forgetfulness	Weight gain
Depression	Hoarse voice
Heavy menses	Dry, coarse skin
Dry, coarse hair	Constipation

COMMON SYMPTOMS OF HYPERTHYROIDISM¹⁷

Heat intolerance, sweating	Menstrual disturbance
Weight loss	Impaired fertility
Alterations in appetite	Mental disturbances
Frequent bowel movements	Sleep disturbances
Changes in vision	Tremors
Fatigue and muscle weakness	Thyroid enlargement

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