

Fast Facts

Hashimoto's Disease

- Autoimmune disorder resulting in inflammation to thyroid (small gland at the base of neck)
- Thyroid produces hormones (triiodothyronine—T3 and thyroxine—T4) that help regulate numerous body functions
 - Inflammation results in thyroid producing fewer hormones than usual
 - Most common cause of hypothyroidism
- Cause unknown but thought to be related to a genetic flaw or a virus/bacterium triggering it
- Certain individuals are at a higher risk of developing the syndrome, such as women, those who are middle-aged, if you have a family history of thyroid or other autoimmune disorders, or if you've been exposed to radiation

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none">-Swelling of thyroid gland (goiter)-Fatigue-Sluggishness-Constipation-Hair loss-Brittle nails-Increased sensitivity to cold-Pale/dry skin-Puffy face-Enlarged tongue-Muscle aches/tenderness-Muscle stiffness/weakness-Joint pain/stiffness-Unexplained weight gain-Excessive/prolonged menstrual bleeding-Depression-Decreased libido-Memory lapses	<p>Take synthetic thyroid hormones:</p> <ul style="list-style-type: none">-Levothyroxine-Liothyronine-Both	<ul style="list-style-type: none">-Avoid complications

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