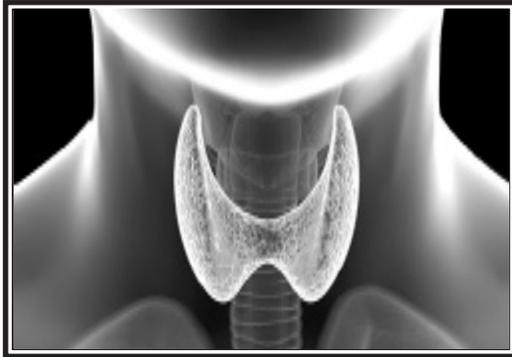


# Know your Thyroid



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## 1. Know these details before reading this book

*Don't be upset if you or your beloved ones found to have Thyroid problems. Still we can have happy and healthy life just like others by taking proper treatment and having regular follow-ups.*

*Be thyroid positive, happy and healthy life is ours.*

Let us go into the details....

### 1. Thyroid-

It is an important organ, which produces thyroid hormones (T3 and T4). It is located in front part of the neck. It carries out major important body functions with thyroid hormones.

2. **Hormone** - is a chemical substance produced by endocrine glands act at different sites in body, helps to maintain important body functions

### 3. Pituitary gland-

It is master of all endocrine glands. It is size of pea and located in the base of brain.

### 4. T3 and T4-

These are the thyroid hormones, which maintains important body functions. T3 is active hormone. In our body, T4 is converted to T3.

### **5. TSH (Thyroid Stimulating Hormone)-**

It is produced by pituitary gland. As name suggests it stimulates thyroid gland to work normally and there by produces sufficient amount of thyroid hormones.

### **6. Hypothyroidism / Underworking thyroid-**

In this condition there will be decreased production of thyroid hormones. There by decreased body functions, which are carried out by thyroid hormones.

### **7. Hyperthyroidism/ Overworking thyroid-**

In this condition there will be increased production of thyroid hormones. There by increased body functions, which are carried out by thyroid hormones.

### **8. Goitre-**

Swelling of thyroid gland is called as “goitre”

### **9. Thyroid nodule-**

Localized swelling within the thyroid gland is called as “thyroid nodule”

### **10. Multi nodular goitre (MNG)**

Multiple localized swellings in the thyroid gland called as “multi nodular goitre” (MNG)

### **11. Autoimmune disease-**

Disease results from destruction/damage of particular body tissue by our own immune system.

Rather than giving protection, our own immune system will destroy our particular body cells.

## **12. Thyroid autoantibodies-**

These are anti thyroid peroxidase antibodies (anti TPO antibodies), anti thyroglobulin antibodies (anti TG antibodies) and TSH receptor antibodies (TRAb).

Presence of these antibodies will represent cause of thyroid disease. Help us in the management of thyroid problems.

## 2. Introduction-

The thyroid gland is one of the important endocrine glands. Its shape looks like a butterfly. It is normally located in the neck, in front side, below the Adam's apple.

The thyroid gland produces thyroid hormones. These hormones are released into the blood system and then carried to every tissue in the body.

Thyroid hormones help in production of energy and maintain warmth of the body. It will help heart, muscle, skeleton, intestine, brain and other organs to work properly.

Thyroid gland has two lobes (right lobe and left lobe) and isthmus. It produces two type of thyroid hormones, T4 and T3.

T4 will have 4 iodine molecules and T3 will have 3 iodine molecules. Among these T3 is active hormone and it carry out thyroid function in body cells. T4 will be converted to T3 in body cells.

Thyroid disorders are very common.

People affected by these diseases are increasing day by day. It may be due to increased awareness in the community and treating physicians. These disorders tend mainly to occur in women; however these may affect anybody - men, children and newborn babies.