



Internal Medicine
Department



THYROID



Endocrinology and Diabetes Clinic



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What is the Thyroid?

The thyroid is the largest gland located at the front of your neck.

What is the function of Thyroid?

It produces hormones that travel through the bloodstream and control how your body functions and uses energy (that is, your metabolism). The hormones produced by the thyroid are thyroxine (T4) and tri-iodothyronine (T3).

What are the diseases that affect the Thyroid gland?

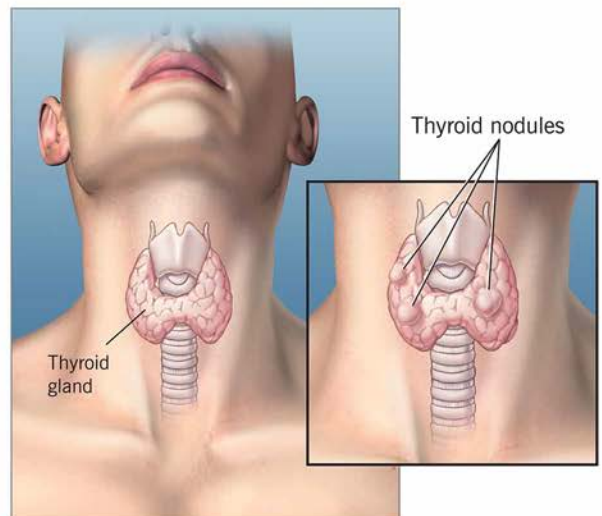
- Hyperthyroidism
- Hypothyroidism
- Goiter

HYPOTHYROIDISM

*It's a common disease in Kuwait.
Its lifelong diseases and runs in families.*

What is hypothyroidism

An underactive thyroid is when your thyroid gland doesn't produce enough of the thyroid hormones (T4 and T3) to meet your body's needs.



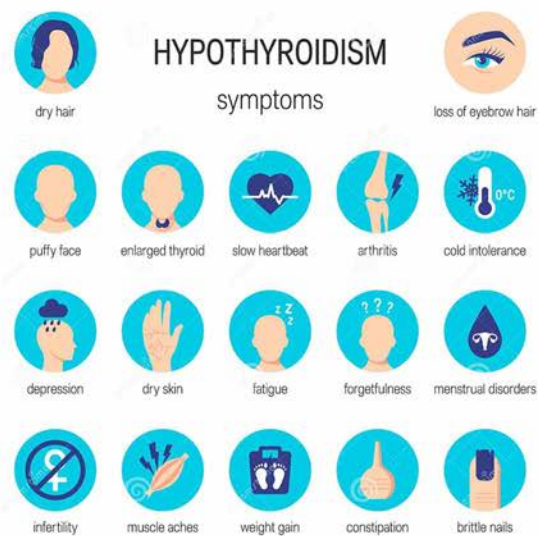
Hypothyroidism Symptoms & Signs

What causes Hypothyroidism?

What are the symptoms and signs?

The symptoms of hypothyroidism are not that specific; might be mild to no symptoms if hypothyroidism was mild

If the patient has overt hypothyroidism, they most likely complain of:




- Tiredness
- Excessive sleepiness
- Weight gain
- Constipation
- Feeling depressed
- Being sensitive to the cold
- Irregular menstrual periods
- History of infertility
- Dry skin and hair
- Hair thinning or loss
- Hoarse voice
- Goitre (swelling of the neck)
- Muscle aches or cramps
- Difficulty concentrating, and forgetting things

1. Hashimoto's disease is the most common type of autoimmune reaction. This is the most common cause of hypothyroidism in countries where iodine deficiency is not a problem.
2. A lack of dietary iodine: iodine is needed to make thyroid hormones. Worldwide, this is the most common cause of hypothyroidism.
3. Post operative.
4. Post radioablation treatment.
5. Post radiotherapy.
6. Congenital hypothyroidism.

How to diagnose hypothyroidism?

Thyroid function tests: a small sample of your blood is tested to measure free T4 / T3 produced from thyroid gland. TSH which is produced from pituitary gland to control hormone production from thyroid. Sometimes we need to check the thyroid antibody

In case of hypothyroidism the blood test will show: A high level of TSH and a low level of T4



How to treat **hypothyroidism?**

By prescribing levothyroxine hormone. The dose depends on the patient's weight, severity of hypothyroidism, patient's age and underlying diseases

How to take levothyroxine?

Morning 30 minute before breakfast
Shouldn't be taken with any medication as it might affect levothyroxine absorption, if necessary, should wait 2-3 hours after taken thyroxin.

During the month of Ramadan take your tablet then wait for 30 minutes then you can eat. Or you can have your Iftar then fast for 2 hours then take your tablet, then wait for 30 minutes if you want to eat again. Or take your tablet 30 minutes before Suhur.

How often is the follow up?

Initially every 6-8 weeks till thyroid function test normalize then every 6 months

Does the dose change during pregnancy?

Yes. Patient must seek medical advice if she decides to get pregnant or when she discovers she's pregnant.

*To book an appointment with Endocrinology and Diabetes Clinic Consultant, please
Call 25363000 or Whatsapp 60002184*