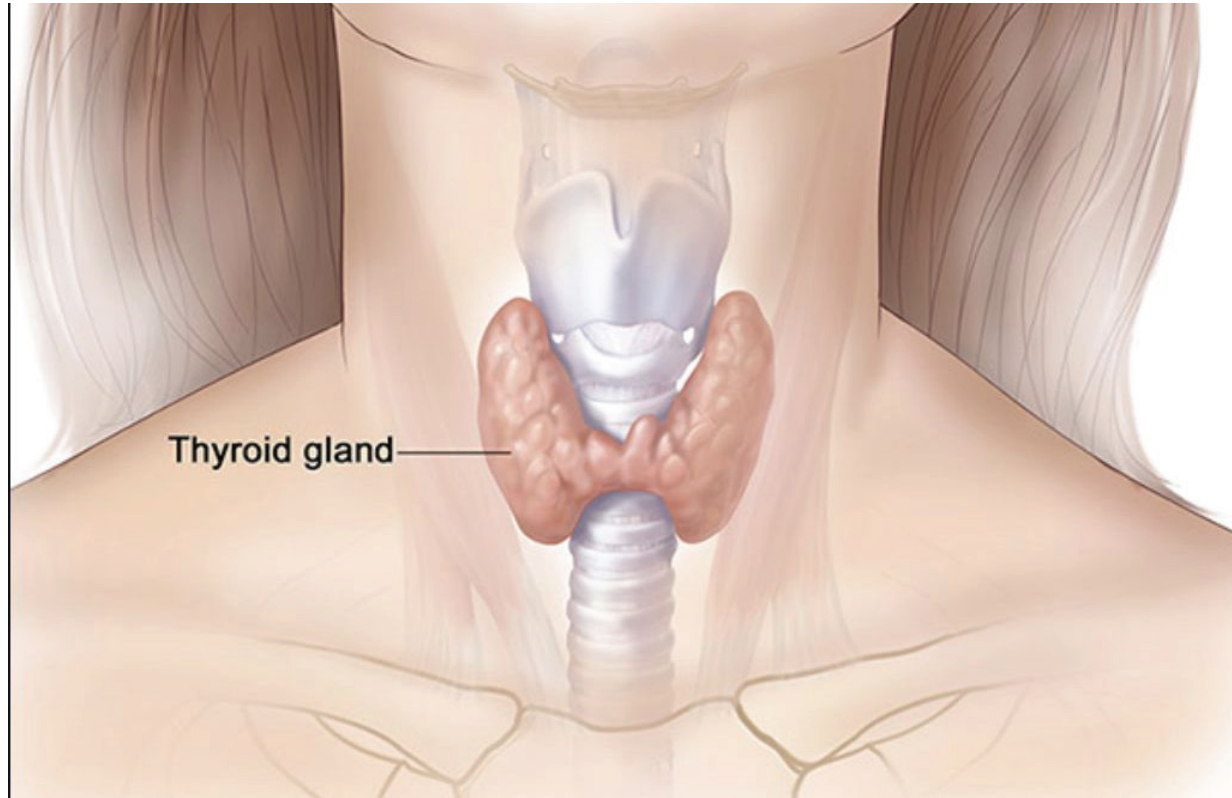


# THYROID GLAND DISORDERS

UPMC Susquehanna Endocrinology Team

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# What is your thyroid?



# What controls the thyroid?

- Pituitary gland

# Signs and symptoms of hypothyroidism

- Fatigue
- Increased sensitivity to cold
- Constipation
- Dry skin
- Weight gain
- Puffy face
- Hoarseness
- Muscle weakness
- Elevated blood cholesterol level
- Muscle aches, tenderness and stiffness
- Pain, stiffness or swelling in your joints

# Signs and symptoms of hypothyroidism

- Heavier than normal or irregular menstrual periods
- Thinning hair
- Slowed heart rate
- Depression
- Impaired memory
- Enlarged thyroid gland (goiter)

# Signs and symptoms of hyperthyroidism

- Unintentional weight loss, even when your appetite and food intake stay the same or increase
- Rapid heartbeat (tachycardia) — commonly more than 100 beats a minute
- Irregular heartbeat (arrhythmia)
- Pounding of your heart (palpitations)
- Increased appetite
- Nervousness, anxiety and irritability
- Tremor — usually a fine trembling in your hands and fingers
- Sweating
- Changes in menstrual patterns
- Increased sensitivity to heat
- Changes in bowel patterns, especially more frequent bowel movements

# Signs and symptoms of hyperthyroidism

- An enlarged thyroid gland (goiter), which may appear as a swelling at the base of your neck
- Fatigue, muscle weakness
- Difficulty sleeping
- Skin thinning
- Fine, brittle hair

# Thyroid tests for hypothyroidism

- TSH
- Free T4
- Thyroid Peroxidase Antibody
- Thyroglobulin Antibody



# Thyroid tests for hyperthyroidism

- TSH
- Free T4
- Total T3
- Thyroid Stimulating Immunoglobulin/Thyroid Receptor Antibody

# Are there drugs or conditions that affect thyroid blood tests?

- Biotin, steroids and non-thyroid illness

# How is hyperthyroidism treated?

- Thyroid Hormone Replacement

# How is hyperthyroidism treated?

- Antithyroid drugs
- Radioactive iodine ablation
- Thyroidectomy

# Do I need to take iodine for my hypothyroidism?

- Recommended daily requirement
- 150 mcg for non-pregnant women
- 250 mcg for pregnancy

Eating a balanced diet makes taking supplemental iodine unnecessary. In fact, too much iodine can cause hyperthyroidism in some people.

# What is a thyroid nodule?



# How are thyroid nodules typically diagnosed?

- Clinical exam and thyroid ultrasound

# What are the management options for a thyroid nodule?

- FNA biopsy
- Serial ultrasound surveillance
- Surgery



# What is thyroid cancer?

- Thyroid cancer occurs in cells of thyroid
- It is more common in people who have history of:
  - exposure to high dose of radiation
  - Family history of thyroid cancer
  - >40 years of age

# How is thyroid cancer diagnosed?

- Fine needle aspiration biopsy of thyroid nodule

# How is thyroid cancer treated?

- Surgery
- I-131 remnant ablation therapy

# How are people monitored for recurrence of thyroid cancer?

- Thyroglobulin levels
- Imaging (i.e. ultrasound or iodine whole body scan or PET/CT scan)

# How to make an appointment

## UPMC Susquehanna Endocrinology

- Need referral from primary care
- Tel: 570-320-7848
- Address: 1100 Grampian Blvd, 3rd Floor, Williamsport, PA 17701