

Had It Up To Here With Not Feeling Like Yourself?

It May Be Time To Get Your Thyroid Checked

Up To Here With These Symptoms? It Could Be Your

Thyroid

-  Unexplained changes in weight
-  Fatigue or trouble sleeping
-  Depression, anxiety or feelings of irritability
-  Changes in memory or ability to concentrate
-  Irregular menstrual periods
-  Fast or irregular heartbeat
-  Joint/muscle pain or weakness

What Your Thyroid Does For You



The thyroid is a **small, butterfly-shaped gland located at the base of the neck** just below the Adam's apple. It produces important hormones that influence the heart, brain, liver, kidneys and skin. Although the thyroid is small, it plays a huge role in maintaining the function of these organs.

When Things Go Wrong

The thyroid is vital for the growth, development and regulation of the body. Several different disorders can arise when your thyroid produces too much hormone (**hyperthyroidism**) or not enough (**hypothyroidism**).

COMMON THYROID DISORDERS

- Hyperthyroidism
- Hypothyroidism
- Graves' Disease
- Hashimoto's Thyroiditis
- Thyroid Nodules
- Thyroid Cancer
- Thyroid Eye Disease

Millions Are Affected By Thyroid Disease – And Don't Even Know It

MORE THAN
30 MILLION

Americans will develop some form of thyroid condition

UP TO
60%

of those with thyroid disease are unaware of their condition

WOMEN ARE
5X

more likely to suffer from hypothyroidism

30-50%
OF PATIENTS

with thyroid disease have eye symptoms that may impair their vision

Are You At Risk?

Common risk factors associated with thyroid disorders

-  Type 1 diabetes
-  Past radiation treatment to the head or neck area
-  Family history
-  Recent pregnancy

Don't Let Your Thyroid Condition Go Untreated

Undiagnosed thyroid disease may put you at risk for other serious conditions

Weight loss
Weight gain
Heart disease
Infertility
Osteoporosis

If you've had it **Up To Here** 

Find an endocrinologist in your area:
aace.com/find-an-endo

Learn more about your thyroid:
thyroidawareness.com

with these symptoms or suspect you are at risk for thyroid disease, make an appointment to see an endocrinologist.

Thyroid Awareness and thyroidawareness.com are provided to you by the American Association of Clinical Endocrinologists (AACE).



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Sources
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2. <https://www.reviewofophthalmology.com/article/how-to-recognize-treat-thyroid-eye-disease>
3. <https://www.thyroid.org/media-main/press-room/>

