



Thyroid awareness

The thyroid is in front of the windpipe. It helps control your metabolism.

An easy blood test can help diagnose thyroid problems. Be sure to tell your doctor if you have any symptoms.



Low thyroid is called hypothyroidism. With this, body functions slow down because the thyroid gland does not make enough thyroid hormone. See your doctor if you have a lot of fatigue, are depressed, have dry, pale skin, feel cold often, and have constipation.

High thyroid is called hyperthyroidism. The thyroid gland makes too much thyroid hormone. It gets larger. This is called goiter. Other symptoms include weight loss, irregular heartbeat, muscle weakness, sweating, trouble sleeping, and more.

Do a "Neck Check:" In front of a mirror, tilt your chin up slightly and swallow a glass of water. Look at your neck as you swallow. Check for any bulges between your Adam's apple and collarbone. If you see any, contact your doctor.