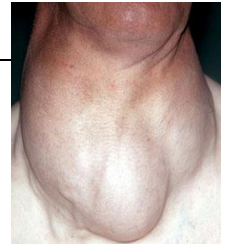


Goiter



What is it?

- **Toxic Nodular Goiter**- one or more nodules produce too much thyroid hormone, are not under the control of TSH (thyroid stimulating hormone), are benign thyroid tumors
- **Goiter**- an enlargement of the thyroid gland

Signs and Symptoms:

- **Medications**- there are adverse effects that include skin rashes, loss of taste, nausea, depressed synthesis of blood cells in the bone marrow (can delete the white blood cells creating a life threatening situation lowering the immune system to infection)

Facts:

- **Iodine**- causes the goiter to grow
- **Thyroid Gland**- needs a small amount of iodine to work correctly, if there is an overproduction of iodine decreases the amount of hormone the gland makes preventing the gland from releasing excess thyroid hormone
- **Radioactive Iodine**- destroys the thyroid gland, usually creates hypothyroidism (an underactive thyroid), about 25% have hypothyroidism 1 year after radioactive treatment and this may cause cancer over the next 20 years, this treatment is not given to pregnant women
- **Thyroidectomy**- the thyroid gland is surgically removed, 90% are successful with permanent control, and some people have hypothyroidism after the surgery and have to take replacement thyroid hormone for the rest of their lives
 - **Rare Complications**- paralysis of the vocal cords, damage to the parathyroid glands (glands that control the calcium level in the blood, a tiny gland behind the thyroid gland)



What can I do?

- **See your Health Care Provider**- usually is treated with medication, surgical removal of the thyroid gland, treating with radioactive iodine, large doses of iodine stop the gland from secreting excess thyroid hormone (used to treat hyperthyroidism quickly) as for emergency surgery not long term treatment
- **See a Registered Dietitian**- for help as needed

